



# BALEADA TORTILLAS

## INGREDIENTS:

- 2 cups of gold medal flour
- 1/2 tsp baking powder
- 2 TBSP manteca vegetal (Clover brand from a local supermercado, or you can use Crisco vegetable shortening)
- 1 cup of warm water or milk (heat it for 40 sec)

## INSTRUCTIONS:

- Incorporate all the dry ingredients together and add manteca/shortening
- Incorporate the warm water/milk slowly
- Knead the dough with your hands (work hard at it!) for 7-10 min until the dough is soft (add manteca to your hands to make it easier to handle)
- Make the balls, then cover them with plastic wrap for 20 minutes or more
- Heat up the pan or blackstone grill (medium-high heat)
- Make the tortilla (just like Cesia showed you)
- Add the tortilla to the pan, let it cook for a few minutes on each side
- Serve with frijoles, crema, plantains, eggs, meat, avocado, etc.