

50 RECIPES

for your **TORTILLA PRESS**



Tortillada



FABIAN BLOCHER

Contents

Cast Iron Care Tips.....	5
Benefits of Tortilla Press	6
Flour Tortillas	9
Almond Flour Tortillas	10
Bean and Pork Quesadillas	13
Creamy Chicken Quesadillas.....	14
Cilantro Flavored Flour Tortillas	15
Corn Tortillas	16
Beef Burrito Skillet	19
Chicken Enchilada Skillet.....	20
Tortilla Chips.....	21
Apple Taquitos	22
Skillet Chicken Tortilla Pie.....	23
Tortilla French Toast.....	25
Korean Beef Tacos.....	26
Chicken and Poblano Chilaquiles	29
Fresh Crab Tacos	31
Peaches and Cream Dessert Taco	32
Breakfast Burrito	33
Green Chili Chicken Enchiladas	35
Mexican Tortilla Soup.....	36
Ceviche de Camarón.....	38
Huevos Rancheros.....	41
Migas	42

Dessert Nachos.....	45
Chicken Taco Salad with Tortilla Strips	46
Black Bean and Hummus Sandwich Wrap	49
Vegan Tacos	50
Sweet Potato, Avocado and Black Bean Tacos	52
Bacon, Egg and Mushroom Burritos.....	53
Bacon and Egg Quesadillas.....	54
Whole Wheat Tortillas.....	55
Tuna, Apple and Avocado Wrap	56
Spinach Turkey Wraps	57
Ham Cheese Tortilla Wraps	58
Avocado, Black Bean and Feta Wraps	59
Taco Hobo Packs	61
Shredded Beef Flautas.....	62
Steak Fajitas with Cabbage and Scallions.....	64
Spicy Chipotle Chicken Tostadas.....	66
Chicken Pesto Wraps.....	69
Tortilla Chicken Drumsticks.....	70
Beef Crunch Wraps	71
Baked Chicken Tortillas	72
Pepperoni Tortilla Pizzas	73
Quick Quesadillas.....	74
Bean and Cheese Quesadillas.....	75
Chicken Tortilla Casserole	76
Breakfast Sausage Tortillas	79
Quick Sweet Potato, Mushroom and Black Bean Burrito	80
Scrambled Eggs with Chorizo and Tortillas	82
Breakfast Chorizo Tacos	84



Copyright 2019 - Fabian Blocher

Tortillada

Cast Iron

CARE TIPS

Cast iron material is thicker compared to stainless steel and has many benefits when used in the kitchen. It can endure high temperatures and maintain them; the kitchen appliances made of cast iron look nice and vintage. If you have a cast iron appliances at home it is important to know how to take care of them properly.

1. WASHING TIPS

If you just recently got your new or second hand cast iron tortilla press, you should start with washing it. It is recommended to wash the cast iron utensils with a nylon scrub brush. There is a myth that soap should not be used for washing cast iron, it is not true, you can use it in very small amount. Also do not use much water for cleaning.

If there are bits stuck on the surface, you can use a pan scraper and remove them carefully. Just pour a little hot water on the surface and let rest for 1 minute, and then remove the stuck pieces, they will come off easily. Always remember to dry the press after cleaning and coat with oil cooking spray after you washed it, this will protect the surface.

2. SEASONING TIPS

All cast iron kitchen appliances should be seasoned after some time, this helps to bring back its luster and also protects from rusting. Your tortilla press also needs seasoning from time to time if you want it to look nice and last you longer. The process is very easy; you basically just need to scrub the press well in hot soapy water. Then dry it thoroughly and spread a thin layer of vegetable oil on the surface. Place it in the oven heated to 375 degrees F and bake for 1 hour. It is better to use vegetable oil or melted shortening for this procedure, or you can get a Seasoning Spray. Re-season your press every time when you notice that it becomes rusty, dull or splotchy.

3. STORING TIPS

Always dry your cast iron appliances before storing. The cabinet for storage should be dry too, so do not store it underneath the sink. If you have a cast iron Tortilla press, line a paper towel between two discs, it can help to avoid scratches on the surface. You can also coat the cast iron surface with cooking spray before storing, this will protect the surface from air and water. Do not stack heavy cast iron utensils as this may also scratch the surface, so arrange the space in your cabinets.

The cast iron utensils can look like new and last you a long time if you take care after them right. That is why it is important to remember these simple tips.



Benefits

OF TORTILLA PRESS

Do you like homemade tortillas but do not want to make them yourself because of a complicated cooking process? Many people prefer to buy pre-made tortillas at the store as they do not know how to make ones at home easy and quickly. There is a way to make the cooking process easier, just use a tortilla press!

A tortilla press is usually made of cast iron, it has 2 hinged flat heavy discs. There is a handle on the top disc to press down and flatten the dough.

To peel the dough off the press it is better to line both discs with plastic wrap or with parchment paper.

There is no tortilla brand that could be compared with the taste of homemade tortillas.

It would be more difficult to make tortillas without a press. There are a few ways to make tortillas with other utensils. You will have to use 2 cutting boards and cover them with paper or a wrap. Place the dough on one board and press down the dough slowly and gently.

The other way is to use a rolling pin. All these ways would be more time consuming than using a tortilla press.

So what are the benefits of using a tortilla press and cooking homemade tortillas? There are many of them:

1. TIME AND ENERGY SAVING

The main benefit of using a tortilla press is time saving. Having a press makes it easier and faster to cook homemade tortillas. You will not have to look for proper cutting boards or a rolling pin and will not waste your energy. Besides, you will not be able to find an excuse for not cooking delicious tortillas for your family.

2. CUSTOMIZED RECIPES

You can make your own tortilla recipe and cook them in no time with the press. For example, you can make gluten free tortillas if you do not eat gluten or cook sweet breakfast tortillas for your family. You can create any recipe you want!

3. MONEY SAVING

If you like Mexican food and buy it from restaurants often you can save money by cooking your favorite Mexican dishes at home. Tacos, burritos, quesadillas, you can make it all yourself with delicious homemade tortillas.

4. VARIETY

You can use tortilla press not only for tortillas, and this is the best part. There are times when you want to make homemade pizza or a pie, you can use your tortilla press to make the crust. It can also be used for making Indian roti. Just choose your favorite dough recipe and press it down!



Flour

TORTILLAS

Cook time: 5 minutes

Servings: 10-13

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.

Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.

Almond Flour

TORTILLAS

Cook time: 5 minutes

Servings: 8

INGREDIENTS

- 100 g ground blanched almond flour
- 4 tablespoons coconut flour
- 1 teaspoon xanthan gum
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 egg, at room temperature, beaten
- 4 tablespoons lukewarm water

INSTRUCTIONS

1. Add egg, the almond flour, coconut flour, xanthan gum, baking powder, salt and water to a blender and blitz until combined. Wrap the dough in a plastic wrap and refrigerate for at least 10 minutes.
2. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
3. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.





Bean and Pork

QUESADILLAS

Cook time: 5 minutes

Servings: 4

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 1 can (580 g) BBQ flavored baked beans and pulled pork
- 225 g cheddar cheese, shredded
- 125 ml sour cream
- 2 teaspoons vegetable oil

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Pour beans into a bowl and mash loosely with fork.
6. Place tortillas on flat surface and brush edges with water, then add beans and cheese on half side of each. Fold over and press edges to seal.
7. Heat oil in frying pan over medium-high heat then fry one tortilla after another for about 3 minutes per side. Let to cool a bit, serve with sour cream

Creamy Chicken

QUESADILLAS



Cook time: 15 minutes

Servings: 6

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 2 cans chicken breast chunks
- 1 can (300 g) chicken soup condensed cream
- 113 g cheddar cheese, shredded
- 125 ml sour cream
- 64 g salsa

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Preheat oven to 200 C. Mix chicken soup and chicken breast with cheese in a bowl.
6. Keep tortillas on 2 baking pans then brush the edges with water, scoop chicken mix onto half side of each tortilla. Fold over, press edges to seal.
7. Bake for 10 minutes; serve with sour cream and salsa.

Cilantro

FLAVORED FLOUR TORTILLAS



Cook time: 15 minutes

Servings: 12

INGREDIENTS

- 256 g fresh cilantro, chopped
- 2 cups (255 g) all-purpose flour
- 32 g lard, chopped
- 1 tablespoon vegetable oil
- 1 teaspoon kosher salt

INSTRUCTIONS

1. Boil about 1.2 L of water in a saucepan over medium heat. Cook the cilantro in water for 1 minute. Drain the cilantro leaving $\frac{3}{4}$ cup of cooking water.
2. Blend cooking water, cilantro and salt in blender until smooth, let cool.
3. Add flour and lard to a bowl and mix thoroughly. Add vegetable oil then add $\frac{1}{2}$ cup of cilantro water to form dough. Place dough on a work surface and knead for 5-7 minutes. Let rest for about 30 minutes.
4. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
5. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.

Corn

TORTILLAS

Cook time: 10 minutes

Servings: 15

INGREDIENTS

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature

INSTRUCTIONS

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.





Beef Burrito

SKILLET

Cook time: 20 minutes

Servings: 6

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 450 g ground beef
- 1 can (425 g) black beans, rinsed, drained
- 64 g Mexican blend cheese, shredded
- 32 g green onions, sliced
- 128 g salsa
- 250 ml water
- 125 ml sour cream
- 1 package taco seasoning

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side. Let cool slightly and chop.
5. Preheat a frying pan over medium-high heat then cook beef for 9 minutes, stirring often. Add water, beans, salsa and taco seasoning then cook for 3 minutes over medium heat.
6. Reduce the heat to low then add tortillas and cheese. Remove from heat and let the cheese melt.
7. Add onions and sour cream, serve hot.

Chicken

ENCHILADA SKILLET



Cook time: 10 minutes

Servings: 6

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 256 g chicken, cooked, shredded
- 32 g green onion, sliced
- 128 g Mexican blend cheese, shredded
- 64 g chunky salsa
- 125 ml sour cream
- 65 ml water
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side. Let cool and slice the tortillas.
5. Add chicken to the same pan, add sauce, salsa, water, cumin and oregano. Bring to a boil and cook for about 10 minutes.
6. Add tortilla and cheese. Remove from the heat. Sprinkle the dish with onions and serve topped with sour cream.

Tortilla

CHIPS



Cook time: 15 minutes

Servings: 6 – 8

INGREDIENTS

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature
- Canola oil, for frying
- Salt, to taste

INSTRUCTIONS

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side. Let cool and cut into triangles.
5. Preheat oil in a frying pan to 350 F. Place a wire rack on a baking sheet.
6. Fry tortillas in oil in batches for 1 minute.
7. When done, transfer to the rack and season with salt while still hot. Let cool and serve.

Apple

TAQUITOS



Cook time: 15 minutes

Servings: 12

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 1 can (560 g) apple pie filling, chopped
- 32 g butter, melted
- 1 teaspoon cinnamon
- 64 g sugar

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Preheat the oven to 176 C. Brush a baking sheet with butter. Mix cinnamon and sugar in a bowl.
6. Place tortillas on a flat surface, then top each with 2 tablespoons apple pie filling and roll up. Brush tortillas with butter then dip each in cinnamon mixture. Place on the baking sheet and bake for 15 minutes.

Skillet

CHICKEN TORTILLA PIE



Cook time: 1 hour

Servings: 12

INGREDIENTS

- 520 g masa harina for tortillas
- 500 ml hot water
- 4 tablespoons water, at room temperature
- 900 g boneless chicken breasts, skinned
- 400 g Mozzarella cheese, shredded
- 2 tablespoons taco seasoning

For the Sauce

- 375 ml chicken broth
- 2 cans (800 g) tomatoes, diced
- 1 yellow onion, chopped
- 4 garlic cloves, chopped
- 2 tablespoons oil
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 2 teaspoons cumin
- 1 ½ teaspoons salt

Skillet Chicken Tortilla Pie

INSTRUCTIONS

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
5. Preheat oil in a frying pan over medium-high heat and cook onions for about 5-7 minutes. Reduce the heat to low and add cumin, chili powder, garlic, oregano, and salt, fry for 3 minutes.
6. Add tomatoes and chicken broth, bring everything to a boil. Cook for about 7 minutes. Puree with a blender.
7. Season chicken breasts with salt, add oil to a frying pan and cook chicken over medium-low heat until both sides turn brown. Add the sauce and boil for 8 minutes. Remove chicken from the pan and chop.
8. Preheat the oven to 176 C. Prepare a baking sheet, place 5 tortillas dipped in sauce onto the sheet.
9. Add about 1 tablespoon cheese, 1 tablespoon chicken and $\frac{3}{4}$ cup sauce. Repeat the layers. Make 2 pies.
10. Cover the pies with foil and bake for 25 minutes.

Tortilla

FRENCH TOAST



Cook time: 5 minutes

Servings: 4

INGREDIENTS

- 1 egg
 - 65 ml milk
 - 1 tablespoon unsalted butter
 - 1 tablespoon vanilla extract
 - 32 g sugar
 - 1 teaspoon ground cinnamon
- For Tortillas*
- 100 g ground blanched almond flour
 - 4 tablespoons coconut flour
 - 1 teaspoon xanthan gum
 - 1 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1 egg, at room temperature, beaten
 - 4 tablespoons lukewarm water

INSTRUCTIONS

1. Add egg, the almond flour, coconut flour, xanthan gum, baking powder, salt and water to a blender and blitz until combined. Wrap the dough in a plastic wrap and refrigerate for at least 10 minutes.
2. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
3. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
4. Whisk egg, vanilla and milk in a bowl. Mix sugar and cinnamon in a separate bowl.
5. Preheat a pan over medium heat and brush with butter.
6. Dip tortillas in egg mixture, fry until both sides are golden brown.
7. Roll over cinnamon sugar, fold and serve.

Korean Beef

TACOS

Cook time: 10 minutes

Servings: 12

INGREDIENTS

- 450 g all-purpose flour
 - 3 tablespoons cold vegetable shortening
 - 1 teaspoon salt
 - 2 teaspoons baking powder
 - 375 ml water
 - 1 ½ lbs beef steak, sliced
 - 1 purple cabbage, shredded
 - 1 avocado, sliced
 - 1/3 cilantro bunch, chopped
 - 4 tablespoons sesame oil
 - 4 garlic cloves, minced
 - 1 tablespoon fresh ginger, minced
 - ¼ cup soy sauce
 - ¼ cup brown sugar
 - ¼ cup hot water
 - 1 teaspoon black pepper
- For the Marinade:*
- 1/3 cup sour cream
 - ¼ cup mayo
 - 1 teaspoon Sriracha sauce
 - 1 teaspoon garlic powder
 - 2 tablespoons lime juice

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Mix all marinade ingredients in a bowl and add beef slices. Toss well to coat, cover and refrigerate for at least 4 hours.
6. Preheat oil in a skillet over medium heat. Add meat and cook for 7-8 minutes until meat is browned on all sides.

7. Preheat a separate skillet over medium heat and place tortillas on the skillet, warm and turn over to the other side.
8. Mix all the sauce ingredients in a bowl.
9. Place the beef mixture on top of each tortilla, add cabbage, avocado and cilantro on top, drizzle with taco sauce and serve.





Chicken and Poblano

CHILAQUILES

Cook time: 45 minutes

Servings: 2

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 2 chicken breasts, cooked, shredded
- 2 garlic cloves, minced
- 1 avocado, sliced
- 1 bunch cilantro
- 1 lime, juiced
- 1 poblano pepper, chopped
- 1 shallot, chopped
- 1 red onion, chopped
- ½ head escarole, chopped
- 1 can (225 g) tomato sauce
- 2 tablespoons Mexican spice blend
- 56 g queso fresco

Chicken and Poblano Chilaquiles

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Preheat the oven to 200 C. Cut the tortillas into strips and spread onto the baking sheet. Bake for 15 minutes.
6. Preheat oil in a pan over medium heat. Add onion, pepper and garlic, cook for about 2-3 minutes.
7. Add tomato sauce, chicken, cilantro, spices and about 125 ml water. Cook for about 10 minutes.
8. Mix lime juice, about 2 tablespoons oil and shallot in a bowl. Add tortilla strips and shallot mixture to the pan and stir to combine.
9. Serve topped with avocado and cilantro.

Fresh Crabs

TACOS



Cook time: 15 minutes

Servings: 4

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 225 g crab meat
- 3 tablespoons olive oil
- 1 tablespoon lime juice
- 1 tablespoon fresh mint, chopped
- 2 tomatoes, chopped
- 2 radishes, diced
- ½ red onion, chopped
- 1 bell pepper, diced
- 1 jalapeno, chopped
- 32 g fresh cilantro, chopped
- 2 teaspoons Sriracha
- Salt, to taste

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Mix tomatoes, radishes, red onion, 2 tablespoons cilantro and Sriracha in a bowl. Season with salt and stir well.
6. In a separate bowl mix jalapeño, bell peppers, olive oil, lime juice, mint and the remaining cilantro. Add crab meat and season with salt, stir well to combine.
7. Top each tortilla with the crab meat mixture and top with salsa. Serve.

Peaches

AND CREAM DESSERT TACO



Cook time: 15 minutes

Servings: 6

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 2 ripe peaches, sliced
- 113 g cream cheese
- 1 teaspoon vanilla extract
- 128 g powdered sugar
- 1 ½ tablespoons heavy cream

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Beat cream cheese in a bowl. Add vanilla and mix well.
6. Add powdered sugar and whisk well. Add cream and mix again.
7. Spoon the mixture on the tortillas and top with peaches. Serve.

Breakfast

BURRITO



Cook time: 15 minutes

Servings: 4

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 4 eggs
- 2 egg whites
- ½ red onion, diced
- 1 bell pepper, diced
- 1 tomato, diced
- 1 avocado, cubed
- 1 cup canned black beans, rinsed, drained
- 1/3 cup Pepper Jack cheese, shredded
- ¼ cup salsa
- ¼ teaspoon chili flakes
- Salt and pepper, to taste



Breakfast Burrito

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Preheat a non skillet pan over medium heat. Add onions and bell pepper and cook for about 6-8 minutes.
6. Add black beans and chili flakes, cook for 3 minutes. Season with salt and pepper.
7. Whisk eggs and egg whites together in a bowl. Add cheese.
8. Add eggs to the pan and reduce heat to low. Scramble until eggs are cooked through, for about 3-4 minutes.
9. Top each tortilla with salsa, black bean mixture, scrambled egg mixture, tomato and avocado.
10. Roll up into burrito and serve.

Green Chili

CHICKEN ENCHILADAS



Cook time: 30 minutes

Servings: 4

INGREDIENTS

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature
- 12 oz boneless skinless chicken breast, cooked
- 1/2 cup light cheddar cheese soup
- 1 1/4 cups light cream of chicken soup
- 1/4 cup green chilies, chopped
- 9 white corn tortillas
- 3/4 cup reduced fat mozzarella cheese, shredded

INSTRUCTIONS

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
5. Preheat the oven to 176° degrees C. Prepare a baking dish and coat it with cooking spray.
6. Mix chicken, soups, chilies, salt and pepper in a bowl.
7. Layer tortillas, chicken mixture, and cheese in the baking sheet.
8. Bake for 30 minutes and serve.

Mexican Tortilla

SOUP



Cook time: 30 minutes

Servings: 6

INGREDIENTS

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature
- 2 cans (396 g each) fat-free, less-sodium chicken broth
- 1 can (396 g) diced tomatoes, undrained
- 340 g chicken breast, skinless, boneless, diced
- 2 teaspoons olive oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 garlic cloves, minced
- 3/4 teaspoon ground cumin
- 3/4 teaspoon chili powder
- 50 g fresh cilantro, chopped
- 64 g reduced-fat Mexican blend cheese, shredded
- 1 lime, cut into wedges
- Salt, pepper, to taste

INSTRUCTIONS

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.

4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
5. Preheat the oven to 200 C. Cut the tortillas into strips and spread onto the baking sheet. Bake for 15 minutes.
6. Preheat oil in a pot over medium heat. Add chicken and cook for about 3-4 minutes. Transfer to a plate.
7. Add onion, bell pepper and garlic to the pot and cook for 5 minutes. Add chili powder, cumin, salt, pepper, tomatoes and broth, stir well to combine.
8. Bring everything to a boil. Reduce the heat to low and cook for about 5 minutes.
9. Add chicken and cook for 3 minutes. Serve topped with tortillas, cheese and lime.



Ceviche de CAMARÓN

Cook time: 15 minutes

Servings: 6

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 450 g medium shrimp, peeled and deveined
- 125 ml lime juice
- 125 ml lemon juice
- 64 g red onion, chopped
- 1 serrano chile, minced
- 64 g cilantro, chopped
- 1 avocado, peeled, seeded, and diced
- 130 g tomatoes, diced
- 2 tablespoons extra virgin olive oil
- Salt, to taste

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Add about 2 l water to a pot and bring to a boil. Season with salt and add shrimp, cook for about 3 minutes. Drain and pat dry.
6. Chop the shrimp and mix with lime juice, lemon juice, chile and red onion. Cover and refrigerate for about 1 hour.
7. Mix avocado, tomato, cilantro and oil in a bowl. Season with salt.
8. Top each tortilla with avocado mixture and shrimp mixture. Serve.





Huevos

RANCHEROS

Cook time: 25 minutes

Servings: 4

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 1 can (425 g) whole peeled tomatoes, undrained
- 32 g cilantro, chopped
- 32 g yellow onion, diced
- 1 garlic clove, peeled and smashed
- 1 jalapeno pepper, chopped
- 140 g chorizo, casings removed, diced
- Oil, for cooking
- 1 can (450 g) refried beans
- 4 eggs
- 1 avocado, pitted, peeled and diced
- 85 g queso fresco, crumbled
- 1/2 teaspoon salt

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Add tomatoes, onion, cilantro, garlic, jalapeno, and salt and blend until smooth. Pour into skillet and place over medium heat. Cook for about 10 minutes.
6. Cook chorizo in a separate pan until brown. Add beans and cook for 1-2 minutes.
7. Spread the mixture onto the tortillas. Crack eggs into the pan and cook until set. Add on top of tortillas.
8. Serve topped with sauce, avocado, cheese, and cilantro.

Migas

Cook time: 25 minutes

Servings: 4

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 4 eggs, beaten
- Oil
- Salt, pepper, to taste

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Preheat the oven to 200 C. Cut the tortillas into strips and spread onto the baking sheet. Bake for 15 minutes.
6. Preheat oil in a skillet over medium heat. Add tortilla strips and stir for 1-2 minutes.
7. Add eggs, salt and pepper and cook until eggs are cooked, stirring often. Serve.





Dessert

NACHOS

Cook time: 10 minutes

Servings: 8

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 32 g sugar
- 1 tablespoon cinnamon
- 250 ml caramel sauce
- 170 g chocolate chips
- 170 g white chocolate, grated
- 125 ml heavy cream
- 128 g pecans, chopped

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side. Cut each tortilla into wedges.
5. Mix cinnamon and sugar in a bowl. Dip each tortilla in the mixture and coat from all sides.
6. Place tortillas in the disposable aluminum pan. Add chocolate chips and caramel sauce and sprinkle with pecans and chocolate.
7. Place into the pan and place on the grill, preheat to medium. Cook for about 3-4 minutes. Serve.

Chicken Taco Salad

WITH TORTILLA STRIPS

Cook time: 20 minutes

Servings: 8

INGREDIENTS

- 450 g all-purpose flour
 - 3 tablespoons cold vegetable shortening
 - 1 teaspoon salt
 - 2 teaspoons baking powder
 - 375 ml water
 - 675 g chicken breasts, sliced
 - 1 tablespoon olive oil
 - 1 packet taco seasoning
 - 82 ml water
 - 128 g sweet corn
 - 2 bell peppers, sliced
 - 1/2 red onion, sliced
 - Green lettuce leaves
- For the Dressing:*
- 1 avocado
 - 82 ml olive oil
 - 82 ml apple cider vinegar
 - 65 ml water
 - 2 tablespoons fresh cilantro
 - Salt, pepper, to taste

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
8. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
4. Preheat the oven to 200 C. Cut the tortillas into strips and spread onto the baking sheet. Bake for 15 minutes.
5. Add all dressing ingredients to a blender and blitz until smooth.
6. Mix all salad ingredients in a bowl, top with tortilla strips and dressing, serve.





Black Bean and Hummus

SANDWICH WRAP

Cook time: 15 minutes

Servings: 4

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 130 g hummus
- ½ avocado, chopped
- 1 onion, chopped
- 1 bell pepper, chopped
- 113 g mushrooms, sliced
- 128 g fresh spinach
- 1 tablespoon olive oil
- 64 g corn, rinsed and drained
- ½ can black beans, rinsed and drained
- 1 roasted poblano pepper, chopped

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Preheat the oven to 220 degrees C. Prepare a baking sheet and line it with parchment paper.
6. Preheat oil in a pan over medium heat. Add onion and cook for about 2-3 minutes.
7. Add mushrooms and corn and cook for about 2 minutes more.
8. Spread the hummus on top of each tortilla. Top with vegetables mixture, avocado, spinach, beans and poblano peppers.
9. Roll into wraps and place onto the baking sheet. Bake for 8-10 minutes.

Vegan

TACOS

Cook time: 15 minutes

Servings: 6

INGREDIENTS

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature

INSTRUCTIONS

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
5. Preheat oil in a skillet over medium heat. Add onion and jalapeno and cook for about 5 minutes.
6. Add beans with the liquid to a saucepan and cook for about 2-3 minutes over medium heat, stirring often.
7. Spread the beans on top of each tortilla, add chorizo and add onion jalapeno mixture on top. Serve topped with cilantro.



Sweet Potato, AVOCADO AND BLACK BEAN TACOS



Cook time: 25 minutes

Servings: 6

INGREDIENTS

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature
- 790 g sweet potatoes, scrubbed and cut into chunks
- 1 tablespoon olive oil
- 1 teaspoon chili powder
- 1 can (400 g) no-salt black beans, rinsed and drained
- 125 ml salsa verde
- 1 avocado, thinly sliced
- 32 g Feta cheese, crumbled
- Chopped cilantro, for serving

INSTRUCTIONS

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
5. Preheat the oven to 220 C.
6. Toss sweet potatoes with olive oil, chili powder and salt. Place the potatoes on a baking sheet and roast for 30 minutes.
7. Mix black beans with salsa verde in a sauce pan. Cook over medium heat for 3-4 minutes, stirring often.
8. Serve potatoes, beans with avocado on top of tortillas, topped with Feta and cilantro.

Bacon, Egg

AND MUSHROOM BURRITOS



Cook time: 25 minutes

Servings: 6

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 12 eggs, beaten
- 6 bacon slices, cooked
- 1 tablespoon oil
- 113 g button mushrooms, sliced
- 113 g arugula
- Salt, pepper, to taste

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Preheat oil in a skillet over medium heat. Add mushrooms and cook for about 2 minutes. Add arugula and cook for about 1 minute more.
6. Pour the eggs to the skillet, season with salt and pepper. Cook until set, stirring often.
7. Divide egg mixture among tortillas, top with bacon. Fold into burritos and serve.

Bacon and Egg

QUESADILLAS



Cook time: 25 minutes

Servings: 4

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 8 eggs, beaten
- 4 bacon slices, cooked, chopped
- 128 g Cheddar cheese, shredded
- 32 g green onions, chopped
- Salt, pepper, to taste

INSTRUCTIONS

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Top each tortilla with cheese, onion and bacon mixture. Preheat a non stick pan over medium heat.
6. Add egg mixture to the skillet and cook until set, stirring often. Spoon the egg mixture on each tortilla, fold over.
7. Toast quesadillas on skillet and serve.

Whole Wheat

TORTILLAS



Cook time: 15 minutes

Servings: 12

INGREDIENTS

- 256 g whole wheat bread flour
- 64 g all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 64 g shortening
- 65 ml boiling water

INSTRUCTIONS

1. Mix flour, salt and baking powder in a bowl. Add shortening, mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.



Tuna, Apple

AND AVOCADO WRAP



Cook time: 20 minutes

Servings: 6

INGREDIENTS

- 256 g whole wheat bread flour
- 64 g all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 64 g shortening
- 65 ml boiling water
- 280 g tuna, rinsed and drained
- 250 g loosely packed arugula
- 1 apple, chopped
- 2 teaspoons lemon juice
- 2 tablespoons fresh parsley, chopped
- 2 teaspoons olive oil
- ½ teaspoon cumin
- 1 avocado, thinly sliced

INSTRUCTIONS

1. Mix flour, salt and baking powder in a bowl. Add shortening, mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Drizzle apple with lemon juice and wrap in plastic wrap, refrigerate for at least 20 minutes.
6. Mix apple, tuna, parsley, oil and cumin. Season with salt and pepper.
7. Add arugula and toss well to coat. Place avocado slices on top of tortillas, add arugula salad and tuna on top. Wrap tightly and serve.

Spinach

TURKEY WRAPS



Cook time: 20 minutes

Servings: 4

INGREDIENTS

- 225 g all-purpose flour
- 1 1/2 tablespoons cold vegetable shortening
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 190 ml water
- 280 g deli turkey, thinly sliced
- 200 g fresh spinach
- 64 g chive and onion cream cheese
- 1/2 teaspoon garlic powder
- 200 g Monterey Jack cheese, shredded
- 192 g sweet red pepper, sliced
- 64 g green onions, chopped
- 4 tablespoons ranch salad dressing

INSTRUCTIONS

1. Mix flour, salt and baking powder in a bowl. Add shortening, mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Spread the cream cheese over each tortilla. Sprinkle with garlic powder.
6. Add spinach on top, turkey, cheese, red pepper and onions. Add the remaining spinach.
7. Drizzle with the dressing and roll up tightly tortillas in rolls. Wrap the rolls in plastic wrap and refrigerate until serving.

Ham Cheese

TORTILLA WRAPS



Cook time: 15 minutes

Servings: 4

INGREDIENTS

- 225 g all-purpose flour
- 1 1/2 tablespoons cold vegetable shortening
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 190 ml water
- 256 g cooked ham, chopped
- 225 g cream cheese, softened
- 4 tablespoons sour cream
- 4 tablespoons chopped olives
- 2 tablespoons green chilies, drained, chopped
- 2 tablespoons green onions, chopped
- Salt, to taste

INSTRUCTIONS

1. Mix flour, salt and baking powder in a bowl. Add shortening, mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Mix cream cheese, sour cream and cheddar cheese in a bowl, beat well to combine.
6. Add ham, olives, green chilies, green onions, garlic powder and salt.
7. Spread the mixture on top of each tortilla and roll up into wraps. Refrigerate for 1-2 hours.
8. Slice the wraps into bite sized pieces and serve.

Avocado, BLACK BEAN AND FETA WRAPS



Cook time: 30 minutes

Servings: 8

INGREDIENTS

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 128 g quinoa
- 500 ml cups water + 65 ml
- 1 avocado, peeled, pitted, diced
- 1 can black beans, drained and rinsed
- 4 tablespoons Feta cheese, crumbled
- 4 tablespoons Monterey jack cheese, shredded
- 42 g tahini
- ¼ teaspoon cumin
- 1 teaspoon chopped cilantro
- 2 tablespoons lemon juice
- Salt, to taste

Avocado, Black Bean and Feta Wraps

INSTRUCTIONS

1. Mix flour, salt and baking powder in a bowl. Add shortening, mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron pan over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Add avocado, tahini, cumin, cilantro, salt and lemon juice to a blender or a food processor and pulse until smooth.
6. Add 65 ml water and blend one more time.
7. Add 500 ml water and quinoa to a sauce pan and bring to a boil. Reduce heat to low, cover the pan and cook quinoa for 10-15 minutes.
8. Spread the avocado dip onto each tortilla, top with beans and quinoa, sprinkle with salt, add Feta and Monterey jack cheese and wrap them. Repeat for all tortillas and serve.

Taco Hobo

PACKS



Cooking time: 30 minutes

Servings: 6

INGREDIENTS

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature
- 1 zucchini, halved & sliced
- 6 eggs
- 1 can (400 ml) black beans, drained, rinsed
- 128 g defrosted frozen corn
- 2 tablespoons olive oil
- 1 small red onion, thinly sliced
- 1 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 6 tablespoons tomatillo salsa
- 2 bell peppers, destemmed, deseeded, thinly sliced

INSTRUCTIONS:

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
5. Cut out 12 pieces of foil, putting 2 pieces on top of each other so you have 6 stacks. Cut out parchment paper pieces of the same size and put on top of each stack of foil.
6. Combine beans, corn, zucchini, onion, oil, pepper salt in a bowl and divide the mixture evenly among the stacks. Enclose each pack and fold to seal.
7. Heat the oven to 220 C, put stacks on a baking sheets and for about 15 minutes.
8. Wrap tortillas in foil and bake for 8 minutes. Once cooked, remove stacks from the oven, place on a flat surface and unfold slightly.
9. Crack an egg into each stack (not the tortillas) and add pepper and salt. Fold again and cook in the oven for 5 minutes.
10. Once cooked, remove from the oven and serve each hot stack with 2 warm tortillas.

Shredded Beef

FLAUTAS

Cooking time: 45 minutes


Servings: 6

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 0.9 kg bone-free beef block, cubed
- 364 g iceberg lettuce, shredded
- 2 tablespoons olive oil
- 5 tablespoons vegetable oil
- 120 ml tomato sauce
- 2 onions, shredded, divided
- 3 garlic cloves, minced, divided in three parts
- 1 teaspoon salt, divided
- 1 fresh jalapeno chili, deseeded, chopped
- $\frac{3}{4}$ teaspoon ground cumin

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Put beef, 1 portion of onion and garlic, salt into a saucepan, pour water and bring to a boil. Leave the saucepan slightly covered and cook until meat is tender.
6. Once cooked, let it cool a little, then drain saving $\frac{1}{3}$ cup of the broth. Shred meat using fork.
7. Heat olive oil in a frying pan on a medium-low heat. Add the remaining garlic, onion, and cook for 3 minutes.

- 
8. Add beef, tomato sauce, reserved broth, cumin, pepper, salt, chili and boil the mixture for 5 minutes stirring infrequently. Once cooked, remove from the heat and let it cool.
 9. Take tortillas one by one and put 2 rounded tablespoons of filling into the center, roll up to cover, secure the ends with wooden sticks and cover tortillas with plastic wrap.
 10. Heat vegetable oil on a medium-high heat in a frying pan. Fry tortillas in batches for 2 minutes, turning frequently. Put them in a paper towel when fried.
 11. Divide lettuce among 6 plates and serve 2 tortillas on each.

Steak Fajitas

WITH CABBAGE AND SCALLIONS



Cooking time: 30 minutes

Servings: 8

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 0.9 kg skirt steak, cut into 4 pieces
- 60 ml olive oil
- 60 ml fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 4 garlic cloves, peeled
- 3 tablespoons smoked Spanish paprika
- 1 tablespoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 medium green cabbage head, chopped
- 3 tablespoons fresh lime juice
- 6 tablespoons olive oil, divided
- 1 bunch scallions, trimmed
- 1 large white onion, chopped, halved
- 1/4 small red onion, finely chopped
- 1 tablespoon chopped cilantro
- fresh ground pepper and salt, to taste
- dried chile salsa

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.

4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Combine lime juice, garlic, oil, cilantro, paprika, salt, onion powder and cumin in a blender. Once blended, put into a resealable plastic bag.
6. Put steak into a marinade bag, seal it and put into a refrigerator for at least 4 hours (tastes better if cooled overnight).
7. Heat 4 tablespoons oil in a grill pan on a medium-high heat.
8. Add 1/2 chopped cabbage, scallions, 1/2 white onion, pepper, salt, and cook for about 12 minutes, stirring occasionally. Once cooked, remove from the heat to cool slightly when done.
9. Combine the remaining cabbage, scallions, white, red onions in a large bowl, then add cilantro, lime juice, 2 tablespoons of oil, pepper and salt.
10. Remove steak from the marinade, shake off excess marinade, season with pepper and salt. Discard the marinade. Grill steak for about 3 minutes on each side.
11. Once cooked, transfer it to a cutting board and let it cool for about 7 minutes before slicing.
12. Serve steak with warm tortillas and dried chile salsa.



Spicy Chipotle

CHICKEN TOSTADAS



Cooking time: 2 hours 30 minutes

Servings: 8

INGREDIENTS:

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature
- 0.9 kg skinned, bone-in chicken thighs
- 1 can (830 ml) whole tomatoes, drained
- 3 canned chipotle chiles in adobo sauce
- 2 tablespoons adobo sauce
- 1 medium white onion, diced
- 4 garlic cloves, crushed
- pinch of ground cloves
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- Iceberg lettuce, shredded
- white onions, thinly sliced
- sour cream
- queso fresco
- 384 g black bean spread
- vegetable oil
- salt

INSTRUCTIONS:

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.

3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
5. Get a large pot filled with 8 cups of water and put on a medium-low heat.
6. Add chicken, salt and boil for 45 minutes. Once cooked, drain, cut chicken into small chunks and dispose of bones.
7. Combine tomatoes, adobo sauce, cinnamon, cloves, pepper and chiles in a blender and blend until done.
8. Heat a little bit of oil in a pan on a medium-high heat.
9. Add onions and cook for 8 minutes, stirring infrequently.
10. Add garlic and cook for 3 minutes.
11. Add tomato mixture, reduce the heat and boil for 30 minutes slightly covered.
12. Add chicken, cook stirring infrequently for about 10 minutes and finally add salt to taste.
13. Pour 1 inch of oil in a pan. Fry tortillas in batches for 2 minutes, turning every 30 seconds.
14. Once cooked, put tortillas on paper towels to dry of the oil.
15. Work on each tortilla by placing on a flat surface, then spread with 1 tablespoon of black bean spread. In the middle, place 1/4 cup spicy chicken topping, lettuce, onion, sour cream and queso fresco. Roll up and seal the endings and it is ready to serve.





Chicken Pesto

WRAPS

Cooking time: 5 minutes

Servings: 4

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 256 g cooked, cubed chicken
- 4 tablespoons pesto
- 1 carrot, sliced thin
- 256 g fresh baby spinach
- 1 red bell pepper, sliced

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Combine chicken with pesto in a small bowl.
6. Put tortillas on a flat surface. Add 1/4 spinach, 1/4 pepper, 1/4 carrots and 1/4 chicken in to the center of each tortilla. Roll up and serve.

Tortilla Chicken

DRUMSTICKS



Cooking time: 1 hour

Servings: 4

INGREDIENTS:

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature
- 10 chicken drumsticks
- 1 large egg
- 1 teaspoon ground cumin
- 4 teaspoons chili powder, divided

INSTRUCTIONS:

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
1. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
2. Preheat the oven to 180 C and spread the tortillas on the baking sheet. Bake for 15 minutes. Crumble the baked tortillas.
3. Combine 2 tablespoons chili powder, 1/4 teaspoon salt, cumin and crushed tortillas in a bowl.
4. Then add eggs, 2 teaspoons chili and mix well.
5. Sprinkle chicken with 1/2 teaspoon salt and dip into the egg mixture. Shake off excess and dip into the mixed tortilla crumbs to coat and stick. Transfer to baking pan.
6. Heat the oven to 220 C and grease a four-sided baking pan. Bake for 45 minutes without turning. Once cooked, leave to cool for 5 minutes and serve.

Beef Crunch

WRAPS



Cooking time: 20 minutes

Servings: 6

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 0.5 kg ground beef
- 64 g queso fresco
- 128 g Mexican cheese, shredded
- 256 g lettuce, shredded
- 1 tomato, diced
- 32 g minced cilantro
- 1 lime, juiced
- 120 ml sour cream
- 60 ml water
- 1 packet taco seasoning

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Heat a pan on a medium-high heat for 3 minutes. Add beef and cook for 9 minutes, stirring often. Add water, taco seasoning and boil for 11 minutes.
6. Put tortillas on a flat surface, add 2 tablespoons of queso, 125 g beef, 1 tostada, spread some sour cream over tostada, add tomato, cilantro, lettuce, some lime and cheese in the middle of each tortilla. Roll them up and seal the endings.
7. Grease the pan with oil and put on a medium heat. Put one rolled tortilla in pan and cook till it turns golden brown. Do same with the other tortillas, serve.

Baked Chicken

TORTILLAS



Cooking time: 25 minutes

Servings: 6

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 390 g cooked chicken breast, chopped
- 192 g cheddar cheese, shredded
- 85 g chopped tomatoes
- 240 ml bottled salsa, divided
- 240 ml sour cream
- 65 g chopped onion
- 85 g chopped green pepper
- cooking spray

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Combine sour cream, 120 ml salsa in a bowl and apply evenly over each tortilla.
6. Put chicken, tomato, onion pepper into the center of each tortilla, then roll up and seal the endings.
7. Heat the oven to 176 C. Coat baking pan with cooking spray, then add tortillas. Top with the remaining salsa and bake for 15 minutes. Top with cheese and bake for 5 more minutes and serve.

Pepperoni

TORTILLA PIZZAS



Cook time: 15 minutes

Servings: 12

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 120 ml Pace Picante sauce
- 384 g tomatoes, chopped
- 384 g mozzarella cheese, shredded
- 128 g pepperoni, chopped
- 1/2 teaspoon crushed dried oregano leaves
- 1 green pepper, chopped

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Combine picante sauce, oregano and tomato in small bowl.
6. Put tortillas on two baking pans, spread 1/4 picante sauce mixture, cheese, pepperoni and pepper on each tortilla.
7. Heat the oven to 200 C and bake for 9 minutes, then cut each tortilla into 4 slices. Serve hot.

Quick

QUESADILLAS



Cooking time: 10 minutes

Servings: 6

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 384 g Monterey Jack cheese, shredded
- 180 ml Pace Chunky salsa
- 2 green onions, sliced
- 2 tablespoons canola oil

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Place tortillas on flat surface and brush the edges with water.
6. Put 65 g cheese, 1 tablespoon salsa and 2 teaspoons onions over half of each tortilla, then fold over and press to seal.
7. Heat oil in a pan on a medium eat. Fry quesadillas in batches until golden-brown, then serve with salsa.

Bean

AND CHEESE QUESADILLAS



Cooking time: 10 minutes

Servings: 6

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 473 g beans, refried
- 120 ml Pace Picante sauce
- 256 g Monterey Jack cheese, shredded
- 2 green onions, sliced

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Combine beans and sauce in a bowl.
6. Place 6 tortillas on two baking pans and brush the edges with water.
7. Put 86 g bean mix, onion and cheese over half of each tortilla, cover with left over tortillas and press to seal.
8. Heat the oven to 200 C and bake for 9 minutes. Cut each quesadilla into 4 slices. Serve hot.

Chicken Tortilla

CASSEROLE

Cooking time: 52 minutes

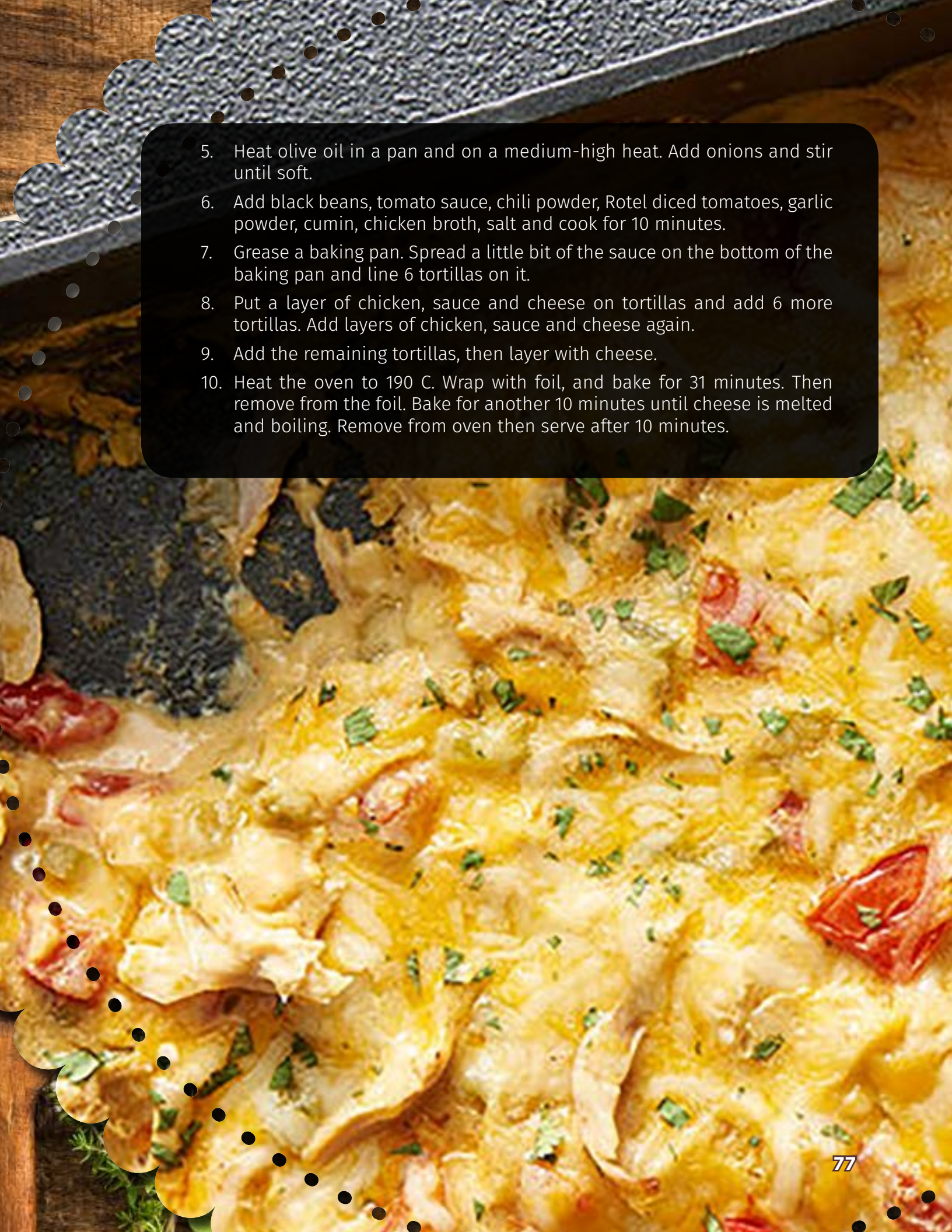
Servings: 8

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 0.9 kg chicken breasts, boiled and shredded
- 1 can corn, drained
- 1 can black beans, drained
- 512 g cheddar cheese, shredded
- 1 onion, chopped
- 1 can diced tomatoes
- 240 ml chicken broth
- 830 ml tomato sauce
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon salt

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.

- 
5. Heat olive oil in a pan and on a medium-high heat. Add onions and stir until soft.
 6. Add black beans, tomato sauce, chili powder, Rotel diced tomatoes, garlic powder, cumin, chicken broth, salt and cook for 10 minutes.
 7. Grease a baking pan. Spread a little bit of the sauce on the bottom of the baking pan and line 6 tortillas on it.
 8. Put a layer of chicken, sauce and cheese on tortillas and add 6 more tortillas. Add layers of chicken, sauce and cheese again.
 9. Add the remaining tortillas, then layer with cheese.
 10. Heat the oven to 190 C. Wrap with foil, and bake for 31 minutes. Then remove from the foil. Bake for another 10 minutes until cheese is melted and boiling. Remove from oven then serve after 10 minutes.



Breakfast Sausage

TORTILLAS

Cooking time: 13 minutes

Servings: 10

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 6 eggs
- 450 g ground pork sausage
- 128 g colby-jack cheese, shredded
- vegetable cooking spray
- 2 tablespoons water

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Heat the oven to 120 C, and heat tortillas for 9 minutes, wrapped loosely with foil.
6. Cook pork in a frying pan on a medium-high heat for 9 minutes while stirring occasionally. Remove from the pan.
7. Combine eggs together with 2 tablespoons of water, then apply cooking spray on frying pan.
8. Clean-up the pan, place over medium heat. Cook eggs on the pan for 3 minutes without turning, then cook for extra 2 minutes while turning occasionally.
9. Add eggs, sausage and cheese unto tortillas, then roll-up. Serve with sour cream if desired.

Quick Sweet

POTATO, MUSHROOM AND BLACK BEAN BURRITO



Cooking time: 22 minutes

Servings: 4

INGREDIENTS:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water
- 512 g black beans, rinsed, drained
- 256 g button mushrooms, sliced
- 192 g quick-cooking white rice
- 1 medium sweet potato, grated
- 160 ml Mexican salsa, divided
- 1 avocado, diced
- 192 g Monterey Jack cheese, grated
- 140 g baby spinach
- 1 lime, halved
- 80 ml sour cream
- 2 tablespoons vegetable oil, divided
- 1/2 medium red onions, thinly sliced
- 4 tablespoons chopped cilantro, divided
- 1 teaspoon ground cumin, divided
- 1/2 teaspoon cayenne pepper, divided
- 1 teaspoon salt, divided

INSTRUCTIONS:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.
5. Boil rice according to directions in packet, then stir in 2 tablespoons cilantro and 80 ml salsa.
6. Heat 1 tablespoons oil in frying pan/skillet on a medium-high heat. Then cook potato, turning occasionally, for 3 minutes.
7. Combine 1/4 tablespoon cayenne, 1/2 tablespoon salt and 1/2 tablespoon cumin in a bowl.
8. Heat the remaining vegetable oil in a separate pan, add mushrooms and cook for 3 minutes.
9. Add the remaining cayenne, salt and cumin.
10. Add onions and cook for about 3 minutes.
11. Add spinach and beans and cook for 1 minute.
12. Transfer to the sweet potato bowl, squeeze half of the lime over, then stir.
13. Put tortillas on a plate then cover with damp towel. Microwave for 1 minute.
14. Add sour cream, the remaining cilantro and salsa in a little bowl, and mix.
15. Remove tortillas and place on a tray. Add 3 tablespoons cheese, 256 g potato mixture, 256 g rice, avocado and sour cream sauce in the middle of each tortilla.
16. Roll tortillas to properly cover the filling. Serve half lime along by cutting into smaller sizes/wedges.

Scrambled Eggs

WITH CHORIZO AND TORTILLAS

Cooking time: 15 minutes

Servings: 4

INGREDIENTS:

- 260 g masa harina for tortillas
- 250 ml hot water
- 2 tablespoons water, at room temperature
- 1.5 kg crushed corn tortilla chips
- 12 eggs, lightly beaten
- 225 g fresh sausage
- 2 tablespoons olive oil
- 1 medium onion, chopped

INSTRUCTIONS:

1. Mix masa harina and hot water in a bowl. Cover and let rest for about 30 minutes.
2. Knead the dough, adding room temperature water. Knead until you get smooth dough.
3. Line both sides of tortilla press with parchment paper or Ziploc bags. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.
4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 15-20 seconds per side.
5. Combine eggs and tortilla chips together.
6. Heat oil in a pan on a medium heat. Add onion and stir until soft. Add sausage and cook for 3 minutes.
7. Add tortilla mixture and cook on a medium-high heat for 3 minutes, stirring often. Then serve.



Breakfast

CHORIZO TACOS



Cooking time: 1 hour

Servings: 4

INGREDIENTS:

For Tortillas:

- 450 g all-purpose flour
- 3 tablespoons cold vegetable shortening
- 1 teaspoon salt
- 2 teaspoons baking powder
- 375 ml water

For Chorizo:

- 256 g ground pork
- 3 garlic cloves, peeled
- 1 tablespoon white vinegar
- 1 small can chipotle chiles in adobo
- 1/2 teaspoon salt

For Tacos:

- 6 eggs
- 1 russet potato, peeled, cubed
- 2 tablespoons unsalted butter, divided
- 2 tablespoons white vinegar
- 1 tablespoon vegetable oil
- 2 l water
- 2 tablespoons milk, half-and-half
- 128 g cheddar cheese, grated
- 2 scallions, thinly sliced
- 1/2 teaspoon freshly ground black pepper, divided
- Salt, to taste

INSTRUCTIONS:

To make flour tortillas:

1. Mix flour, salt, baking powder, and vegetable shortening in a bowl. Mix well with your hands until everything is incorporated.
2. Slowly add water and knead the dough with your hands. Flour should absorb the liquid, you should get smooth dough.
3. Shape the dough into balls, place them into the tortilla press one by one. Press to form the tortillas.

4. Preheat a cast iron over medium heat. Add tortillas one by one and cook for about 30-40 seconds per side.

To make chorizo:

5. Smash garlic with the flat side of a knife, slice and sprinkle garlic with salt. Make garlic into a paste by pressing the flat side of the knife into it and dragging it through.
6. Put pork and garlic paste into a bowl.
7. Cut 1 chipotle chile with the seeds then add to bowl.
8. Add 2 tablespoons adobo from can, with vinegar then mix thoroughly.

To make tacos:

9. Heat water in a pot on a medium-high heat.
10. Add potatoes, enough salt, vinegar and allow to boil. Reduce heat to a medium-low and cook for extra 5 minutes and drain.
11. Pour 1 tablespoon. oil into a pan and heat on a medium-high heat.
12. Break chorizo into small pieces with wooden spoon and put into the pan. Cook for 5 minutes, then transfer to a large bowl, leaving oil in the pan.
13. Pour 3 tablespoons oil into the frying pan and heat on a medium heat.
14. Add potatoes, 1/4 teaspoon pepper and 1/2 teaspoon salt and cook for about 18 minutes.
15. Add 1 tablespoon butter and scallions and cook for about 2 minutes more. Transfer to the chorizo bowl.
16. Combine eggs, 1/4 teaspoon pepper and 1/4 teaspoon salt in a bowl.
17. Heat tortillas on a medium heat in a dry pan until slightly browned, then wrap in damp paper towels and cover in plates to keep warm.
18. Heat a pan on a medium heat. Add the remaining butter, egg mixture and cook for 2 minutes, turning infrequently.
19. Add potatoes, chorizo to pan and cook for about 2 minutes, turning occasionally.
20. Divide the egg mixture among 2 tortillas on each plate, totaling about 4.
21. Serve with hot sauce, cheese and avocado toppings.