



Main course

Wheat tortillas

Ingredients for 10 – 12 tortillas:

- 450 g Wheat flour
- 1 Tsp. Salt
- 1 Tsp. Baking powder
- 1 Tbsp. Lard
- 2 Tbsp. Corn or peanut oil
or pork lard

Combine flour, salt, and baking powder. Cut lard into pieces and add with about 180 ml of water to the flour mixture and work into a firm dough. Form dough into 12 balls and roll out into thin circles. Heat oil in a pan and cook the tortillas individually in the pan for about 30 – 60 seconds until lightly browned.

Prep time: About 1 hour

Per serving:

Joule/Calories: 647/154

Protein: 4 g

Fat: 4 g

Carbohydrates: 27 g