



# Homemade Corn Tortillas

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🕒 30 MINS PREP | 🕒 10 MINS COOK | 🍴 12 SERVINGS

🔗 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 2 cups masa harina (corn flour)
- 1/2 teaspoon salt
- 1 1/4 cups water

### NUTRITION INFORMATION PER SERVING

Calories <b>69kcal</b>	Sodium <b>99mg</b>
Carbs <b>15g</b>	Fiber <b>1.22g</b>
Protein <b>1.61g</b>	Added Sugar <b>0g</b>
Total Fat <b>0.7g</b>	Fruits <b>0 servings</b>
Saturated Fat <b>0.1g</b>	Vegetables <b>0 servings</b>

## Method

1. Place a comal (griddle or cast-iron skillet) over medium heat and allow it to heat up.
2. In a large mixing bowl mix flour, salt, and water for about 4 minutes. If the masa (dough) doesn't come together well add 1 tablespoon of water at a time and mix some more.
3. Divide the masa into 12 to 14 dough balls. Keep the masa covered with a dishtowel so it does not dry out while you press the tortillas.
4. Use a tortilla press when making corn tortillas. Place a piece of plastic wrap over each end of the tortilla press. The ball of masa will sit between the two pieces of plastic wrap during the pressing process. Place a ball of masa on one end of the tortilla press, directly on the plastic wrap. Close the tortilla press and press down on the handle, flattening the masa and creating a corn tortilla. Open the press and you should have a corn tortilla beautifully pressed.
5. Place the corn tortilla on the hot comal to cook for approximately 30 seconds, or until browned and slightly puffy.
6. Turn tortilla over to brown on second side for approximately 30 seconds more, and then transfer to a tortilla warmer or basket lined with a dish towel.
7. Continue making tortillas with the remaining masa balls.

