

# Tortillas

Workstation: 3

## Equipment

Large bowl  
Rolling pin  
Measuring cups  
Measuring spoons  
Fry pan  
Tongs  
Large metal spoon

## Ingredients

2 cups of plain flour  
½ teaspoon of salt  
¾ cups water  
3 tablespoons of olive oil  
canola spray

## Method

1. In a large bowl **combine** flour and salt
2. **Stir** in water and oil
3. **Turn** onto a floured surface
4. **Knead** 10-12 times to form a soft dough, adding a little flour and water if needed
5. Let rest for 10 minutes
6. **Divide** dough into 8 portions
7. On a floured surface **roll** each portion into circles
8. **Spray** fry pan with canola spray and **cook** tortillas over a medium heat for 1 minute on each side or until lightly brown
9. Cover with tea towel to keep warm