

How to make flour tortillas

Zarela Martinez has been making flour tortillas since she was a little girl in Sonora, Mexico, and her passion for them is born of all those years of experience.

"There is absolutely no comparison between a commercial tortilla and a homemade one," she said firmly. To find out if she is right, use the following recipe for flour tortillas, adapted from her *Food From My Heart* (Macmillan, \$25), a book on the cuisines of Mexico.

Tortillas de Harina

- 6 cups unbleached all-purpose flour
- 1½ teaspoons salt
- 1 teaspoon baking powder
- 1 cup solid vegetable shortening
- 1½ to 2 cups water warmed to 115 degrees (warmer than lukewarm but not hot)

In a large bowl, combine flour, salt and baking powder. With two knives or your fingers, cut or rub shortening into flour until mixture

resembles coarse crumbs. Slowly pour 1½ cups of water into the mixture while working the ingredients together with your fingers. Continue to work mixture until it forms a ball. Add a little water if necessary. Turn out onto a lightly floured surface and knead gently until smooth and silky, about 5 minutes.

Divide dough into four equal pieces and make six equal-size balls from each piece. As you work with each piece, keep others covered so they don't dry out. Flatten each ball slightly and hold in two hands with thumbs on top side and other fingers underneath. Lightly pull the dough out from the center on all sides, so that you can tuck down the edges between your thumbs and first two fingers to produce a somewhat rounded shape. (It is as if a flattish mushroom cap had fat edges you could tuck down to round the shape.) Cover with a damp towel and continue until all the balls are

shaped. Let rest 20 minutes.

On a lightly floured surface using a small, lightly floured rolling pin, roll out a piece of the shaped dough to a circle about 1/16 inch thick and 6 inches in diameter. Repeat with three more of the shaped pieces of dough. Cover with a towel.

Heat an ungreased griddle or cast-iron skillet over medium-high heat until a drop of water sizzles on contact. Cook tortilla until underside is speckled with brown spots and small bubbles appear on top, about 30 seconds. Turn and cook other side until speckled. With a bunched up tea-towel, press one side gently, turn and then press on the other to encourage the tortilla to puff slightly. Remove to a plate to cool and wrap in tea towel. Repeat entire process with remaining shaped pieces of dough.

Use tortillas immediately or wrap in aluminum foil and reheat in 300-degree oven for 5 minutes. Makes 24 (6-inch) tortillas.

Dear Mom

Jan. 14. 1988

How are you doing? Just thought about to write you the "Golden crescents" recipe.

- 2 packages active dry yeast
- $\frac{3}{4}$ cup warm water ($105-115^{\circ}$)
- $\frac{1}{2}$ cup sugar
- 1 Teaspoon salt
- 2 eggs
- $\frac{1}{2}$ cups shortening (part soft butter)
- 4 cups all-purpose flour
- Soft butter or margarine

Dissolve yeast in warm water. Stir in sugar, salt, eggs, shortening and 2 cups of the flour. Beat until smooth. Mix in remaining flour until smooth. Scrape dough from side of bowl. Cover; let rise in warm place until double, about $1\frac{1}{2}$ hours. Divide dough in half; roll each half into 12-inch circle. Spread with butter; cut into

16 wedges. Roll up each wedge, beginning at rounded edge, place rolls, with point under, on greased baking sheet. Cover; let rise until double, about 1 hour. Heat oven to 400°. Bake 10-15 minutes or until golden brown. Brush rolls with butter. (32 rolls)

^o If using self-rising flour, omit salt

Hope you enjoy again.

(How's your Chinese cooking there?)

Joey

Parmesan Breadstick Candy Canes

1 SEPARATE:

1 (11 oz.) can refrigerated soft breadsticks; cut in half to make 16 breadsticks. Dip in 3 Tbsp. PARKAY Spread Sticks, melted; coat with 3/4 cup (3 oz.) KRAFT 100% Grated Parmesan Cheese.

2 TWIST AND SHAPE:

into candy canes on ungreased cookie sheet.

3 BAKE:

At 350°F for 14-18 minutes or until golden brown. Makes 16 breadsticks.

LIGHT, TASTY BISCUITS

Sift together 2 cups all-purpose flour, 2 1/2 teaspoons Clabber Girl Baking Powder and 1/2 teaspoon salt. Cut in 1/4 cup shortening with fork until mixture resembles coarse corn meal. Add 3/4 cup of milk and blend lightly with fork only until flour is moistened and dough pulls away from sides of bowl. Turn out on lightly floured board. Knead lightly (30 seconds) and roll 1/4 inch thick. Cut dough with biscuit cutter, dipping cutter into flour between cuts. Place on lightly greased pan and brush tops of biscuits with butter or margarine. Bake at 475° (very hot oven) for 12 to 15 minutes.

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BATTER BREAD

Cornmeal and herbs make this no-knead batter bread delicious and easy. Baking them in coffee cans makes them distinctive and attractive.

CORN-HERB BATTER BREAD

- 3 1/2 to 4 cups unbleached flour
- 1 package Red Star Instant Blend Dry Yeast
- 3 tablespoons sugar
- 1 1/2 teaspoons sage
- 1 teaspoon salt
- 1 teaspoon celery seed
- 1/8 teaspoon ginger
- 1/8 teaspoon marjoram
- 1 can (13 oz.) evaporated milk
- 1/2 cup water
- 2 tablespoons oil
- 1/2 cup yellow cornmeal

Oven 350°

In large mixer bowl, combine 1 1/2 cups flour, yeast, sugar, sage, salt, celery seed, ginger and marjoram; mix well. In saucepan, heat milk, water and oil until warm (120-130°). Add to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, gradually stir in cornmeal and enough remaining flour to make a stiff batter. Divide into 2 well-greased 1 lb. coffee cans. Cover with greased plastic lids. Let rise until lids pop off, about 45 minutes. Bake at 350° for 45 minutes. Cool in cans 10 minutes; loosen crust around edge and slide bread from cans. Cool.

2 Loaves

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Use warm iron to mount recipe on a card.

UNIVERSAL FOODS CORPORATION, Milwaukee, WI 53201 U.S.A.



Dinner Rolls
Favorite Recipe



10 to 11 c. unsifted flour

1½ c. milk

½ c. sugar

1½ c. water

4 tsp. salt

½ c. margarine

2 pkg. dry yeast

Mix 3 c. flour, sugar & undissolved yeast.

Combine milk, water & margarine in a saucepan. Heat until very warm 120°-130°

Source Myra Williams **Who likes it**

4 dozen

Margarine does not need to melt. Add to dry ingredients, mix 2 min. Add 2 c. flour & beat 2 min. Stir in additional flour to make stiff dough. Turn out onto floured surface. Knead until smooth & elastic, 8 to 10 min. Place in greased bowl, turning to grease top. Cover & let rise 1 hour, till double.

Punch down, divide in $\frac{1}{4}$. Roll and cut as desired. Cover, let rise until almost double, about 45 min.

Bake at 275° about 20 min until rolls start to change color. Cool & refrigerate until needed.

The Original *Kellogg's* All-Bran Muffin™



1 1/4 cups all-purpose flour
1/2 cup sugar
1 tablespoon baking powder
1/4 teaspoon salt
2 cups *Kellogg's*® ALL-BRAN® cereal

1 1/4 cups milk
1 egg
1/4 cup vegetable oil
Vegetable cooking spray

① Stir together flour, sugar, baking powder and salt. Set aside.

② In large mixing bowl, combine KELLOGG'S® ALL-BRAN® cereal and milk. Let stand about 5 minutes or until cereal softens. Add egg and oil. Beat well. Add flour mixture, stirring only until combined. Portion batter evenly into twelve 2 1/2-inch muffin-pan cups coated with cooking spray.

③ Bake at 400°F about 20 minutes or until lightly browned. Serve warm.

Yield: 12 muffins **Nutrition Information:** 1 muffin, Calories 180, Protein 5g, Carbohydrate 30g, Total Fat 6g, Saturated Fat 1g, Cholesterol 20mg, Dietary Fiber 5g, Sodium 300mg

For muffins with reduced calories, fat, and cholesterol: Use 2 tablespoons sugar, 2 tablespoons oil, replace milk with 1 1/4 cups skim milk, and substitute 2 egg whites for 1 egg. **Nutrition Information:** 1 muffin, Calories 120, Protein 5g, Carbohydrate 24g, Total Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Dietary Fiber 5g, Sodium 300mg

Walnut Variation: Add 1/3 cup chopped walnuts when mixing egg and oil into softened cereal mixture. Follow remaining steps. **Nutrition Information:** 1 muffin, Calories 200, Protein 6g, Carbohydrate 31g, Total Fat 8g, Saturated Fat 1g, Cholesterol 20mg, Dietary Fiber 5g, Sodium 340mg

Makes 1 loaf

2 cups unsifted flour (about)
2 tablespoons sugar
1 teaspoon salt
1 tablespoon instant minced onion
2 teaspoons dill weed
1/4 teaspoon baking soda
1 package Fleischmann's Active Dry Yeast
1 tablespoon margarine, softened
1/4 cup hot tap water (120°-130°F)
1 cup creamed cottage cheese (at room temperature)
1 egg (at room temperature)

Combine 1/4 cup flour, sugar, salt, onion, dill,

RECIPE CAN BE CUT OUT AND IRONED ON A CARD

baking soda and undissolved yeast. Add softened margarine.

Add hot tap water to dry ingredients; beat 2 min. at medium speed, scraping bowl occasionally. Add cottage cheese, egg, and 1/2 cup flour. Beat at high speed 2 min. Stir in enough flour to make a stiff batter. Cover; let rise until doubled, about 1 1/4 hours.

Stir down. Turn into a greased 1 1/2-quart casserole. Cover; let rise until doubled, about 50 minutes.

Bake at 350°F about 30 minutes, or until done. Remove from casserole; cool on wire rack.

CUT HERE

Muffins

1 egg
¾ cup milk
½ cup vegetable oil
2 cups Gold Medal® all-purpose flour*

⅓ cup sugar
3 teaspoons baking powder
1 teaspoon salt

Heat oven to 400°. Grease bottoms only of about 12 medium muffin cups, 2½x1¼ inches, or line with paper baking cups. Beat egg in medium bowl; stir in milk and oil. Stir in remaining ingredients all at once just until flour is moistened (batter will be lumpy). Fill muffin cups about ¾ full. Bake until golden brown, about 20 minutes. Immediately remove from pan. About 12 muffins.

*If using self-rising flour, omit baking powder and salt.

NOTE: Unbleached flour can be used in this recipe.

Apple-Nut Muffins: Stir in 1 medium all-purpose apple, pared and chopped, with the milk and ½ teaspoon ground cinnamon with the flour. Substitute packed brown sugar for the sugar. Mix ¼ cup packed brown sugar, ¼ cup chopped nuts and ½ teaspoon ground cinnamon; sprinkle over batter in each cup.

Blueberry Muffins: Stir in 1 cup fresh or ¾ cup frozen blueberries (thawed and well drained) with the milk.

Bran Muffins: Pour milk over 1½ cups shreds of bran cereal in medium bowl; let stand 1 minute. Stir in egg, oil and 3 tablespoons molasses. Decrease flour to 1¼ cups. Substitute ¼ cup packed brown sugar for the ⅓ cup sugar.

Honey-Orange Muffins: Substitute honey for the sugar and stir in with the milk. Stir in 2 tablespoons grated orange peel with the flour. Spoon 1 teaspoon orange marmalade onto batter in each cup.

Oatmeal-Raisin Muffins: Stir in 1 cup raisins with the milk. Decrease flour to 1 cup; stir in 1 cup quick-cooking oats, ½ teaspoon ground nutmeg and ¼ teaspoon ground cinnamon with the flour. Substitute packed brown sugar for the sugar.

Surprise Muffins: Fill muffin cups about ½ full. Spoon 1 teaspoon strawberry jam onto batter in each cup; top with enough batter to fill cups about ¾ full.

Whole Wheat Muffins: Substitute 1 cup Gold Medal whole wheat flour for 1 cup of the all-purpose flour. Substitute packed brown sugar for the sugar if desired.

High Altitude Directions (3500 to 6500 feet): Heat oven to 425°. Bake 15 to 20 minutes. Bran Muffins not recommended for use with self-rising flour. 12 to 14 muffins.

Microwave Reheat Directions: To heat room temperature muffins, microwave uncovered on high (100%) 1 muffin 10 to 15 seconds, 2 muffins 20 to 30 seconds, 4 muffins 30 to 35 seconds and 6 muffins 40 to 45 seconds. To heat frozen muffins, microwave uncovered on high (100%) 1 muffin 20 to 25 seconds, 2 muffins 35 to 40 seconds, 4 muffins 55 to 60 seconds and 6 muffins 1¾ to 2 minutes.

High Altitude Microwave Reheat Directions (3500 to 6500 feet): For room temperature muffins, no adjustments are necessary. For frozen muffins, increase microwave time 10 seconds.

This cranberry bread can be served for breakfast or taken to the office for lunch.

Cranberry-wheat quick bread

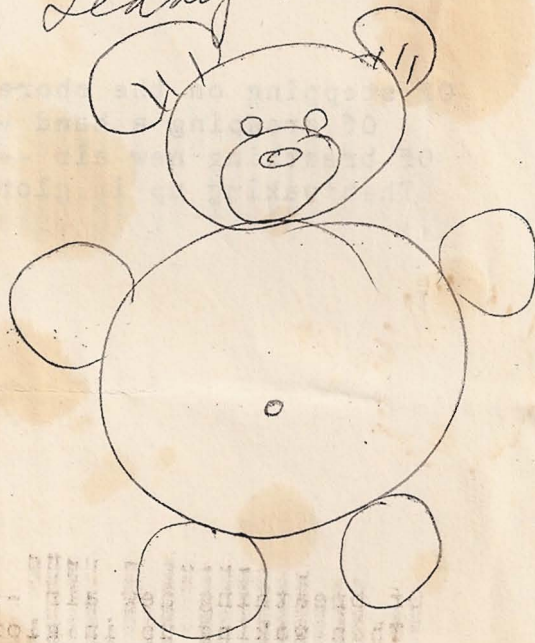
- 2 cups all-purpose flour
- 1 cup whole-wheat flour
- 1 cup sugar

- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- 1 cup orange juice
- $\frac{1}{2}$ cup margarine, melted
- 2 eggs, beaten
- $1\frac{1}{2}$ cups cranberries, coarsely chopped
- 2 teaspoons grated orange peel
- Creamy orange spread

Combine dry ingredients. Add combined juice, margarine, and eggs, mixing just until blended. Fold in cranberries and orange peel. Pour into greased and floured 5-inch loaf pan. Bake at 350° for 1 hour and 10 minutes. A wooden pick inserted comes out clean. Cool in pan. Remove from pan. Spread with creamy orange spread.

To make creamy orange spread: Combine 1 8-ounce package softened cream cheese, 1 cup orange marmalade, and 1 cup sugar. Blend well.

Teddy Bear Bread



1 egg
1 T cold
water

1 egg
1 T cold
water

4 = pieces
2 bodies
1 = 2 heads
1 = 14 pieces

COOKED CORNMEAL MUSH

1 cup cornmeal
1 cup cold water

1 teaspoon salt
3 cups boiling water

Mix cornmeal, cold water, and salt.
Slowly stir cornmeal mixture into the boiling water in a saucepan. Cook and stir until thick.
Lower heat. Cover and cook 15 minutes, stirring as needed to keep from sticking.
Makes 6 servings, 1/2 cup each.

FRIED CORNMEAL MUSH

Put hot cornmeal mush in a loaf pan. Cool until firm.
Remove mush from pan and cut into slices.
Put slices of mush in heated, greased fry pan and brown on both sides.

CORNBREAD

1-1/2 cups cornmeal
1/2 cup flour
4 teaspoons baking powder
1/2 teaspoon salt

1 cup milk
1 egg, beaten
1/4 cup melted fat or oil

Mix cornmeal, flour, baking powder and salt.
Mix together milk and egg and add fat. Add milk mixture to cornmeal mixture.
Stir only enough to mix.
Fill greased baking pan half full.
Bake at 425°F (hot oven) about 25 minutes, or until lightly browned.
Makes 6 servings.

NOTE: If desired, add 1/4 cup sugar.