

ALEX STUPAK S MEXICAN FLOUR TORTILLA

The Recipe

<https://cuisinedaubery.com/recipe/authentic-mexican-flour-tortilla/>

Alex Stupak's flour tortillas

Chef: Alex Stupak

Preparation Time: 10 Minutes

Cooking Time: 15 Minutes

Ready in: 10 Minutes

Yield: 13 Tortillas of 6 inches

Skill: Easy Level

Cuisine: Mexican Cuisine

Courses: Base, Tortilla,

Ingredients

For 13 Tortillas, 5.9" (or 5 29/32" or 15 cm) in diameter or 5 Tortillas, 9.84" (or 9 27/32" or 25 cm) in diameter

1 2/3 Cup Flour (240 grams)

1/4 Cup Lard (54 grams) Or Vegetable Oil

1/2 teaspoon of Salt

1/2 Cup Water (120 grams)

For 24 Tortillas, 5.9" (or 5 29/32" or 15 cm) in diameter or 9 Tortillas, 9.84" (or 9 27/32" or 25 cm) in diameter

3 Cups Flour (443 grams)

1/2 Cup Lard (99.6 grams) Or Vegetable Oil

0.9 teaspoon of Salt

1 Cup Water (221.5 grams)

For 8 Tortillas, 5.9" (or 5 29/32" or 15 cm) in diameter or 3 Tortillas, 9.84" (or 9 27/32" or 25 cm) in diameter

1 Cup Flour (147.6 grams)

2 Tablespoons Lard (33.2 grams) Or Vegetable Oil

0.3 teaspoon of Salt

1/3 Cup Water (73.8 grams)

For 4 Tortillas, 5.9" (or 5 29/32" or 15 cm) in diameter or 1 Tortillas, 9.84" (or 9 27/32" or 25 cm) in diameter

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1/2 Cup Flour (73.8 grams)
1 Tablespoon Lard (16.6 grams) Or Vegetable Oil
0.1 teaspoon of Salt
3 Tablespoons Water (36.9 grams)

Steps

The Lard

When I started his Flour Tortilla recipe, I was puzzled at first as his recipe contains Lard. However it looks like that's authentic, as I talked to native Mexicans who reported that they really use Lard for their tortillas.

If you can't eat or don't want to eat Lard, Stupak recommends to make Corn Tortillas instead ([HERE](#))

The dough or "masa"

1. Stupak recommends to use a stand mixer (like the usual kitchen aid on the photos) with the paddle attachment, but you may also knead the dough (the "masa") by hand.
2. Combine the Flour (1 2/3 Cup or 240 g), the Lard (1/4 Cup or 54 g), the Salt (1/2 teaspoon) and mix on low speed (number 2) for about 2 minutes.
3. Pour in the Water (1/2 Cup or 120 g) and mix for 1 minute until the dough comes together.
4. The danger is to over mix, which would make the dough too elastic : it would become too hard to roll it thinly.
5. Place the dough into a bowl and cover it with a wet towel, for about 10 minutes.

Make the flour tortilla

You cannot use the tortilla press, even if you want to impress your guests....

Stupak mentions that the tortilla press can be only used with Corn tortillas. The Flour Tortillas contain gluten which makes them elastic : use the rolling pin, and forget about the press.

6. Grab a handful of dough (about the size of a golf ball) and roll it into a sphere.
7. Using a rolling pin, roll out the dough into a 5.9" (or 5 29/32" or 15 cm) circle and 0.07" (or 5/64" or 0.2 cm) thick. If the tortilla is too sticky, you may want to mix again with a tablespoon of flour, but I never needed to do it so you should be fine.
8. If you have a hard time to shape perfect rounds, you can cheat by placing a plate, and cut around the edges with a knife.
9. Your tortilla is ready ! it needs to be cooked right away otherwise it would dry fast.

Cooking the Tortillas

10. Cook the tortilla on a hot non stick skillet for about 10 seconds.
11. If the tortilla puffs you will need to pinch it.
12. After 10/15 seconds or so, flip the tortilla for another 5 seconds.

Storing the cooked tortillas

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13. You may store the cooked tortillas on a plate sitting on a double boiler
14. Stupak mentioned that it's best if you use the tortillas right away. After cooking them, garnish them and serve your tacos, they will taste better when they are freshly cooked.