



Cassava Flour Tortillas

Oscar · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

Soft and pliable these easytomake cassava flour tortillas taste similar to a whole wheat tortilla but are naturally gluten free Use them for your sloppiest filling and youll be surprised how well they hold up and how delicious they taste

Ingredients

— - ½ cup lukewarm water - ¼ teaspoon salt - 1 cup cassava flour - 2 ½ tablespoons vegetable oil

Instructions

1. Prepare a tortilla press with 2 pieces of parchment paper. Set aside. Pour warm water into a bowl and stir in salt until it dissolves. Combine flour
2. salt water
3. and oil in a bowl and mix with your hands until a smooth dough forms. Move dough to a smooth surface and lightly knead until dough feels compact and does not crumble. Separate into 4 equal pieces and roll them into balls. Heat a griddle over medium-high heat. Press one dough ball between 2 pieces of parchment paper in the tortilla press. Press down. Open press and carefully peel off the top piece of parchment paper. Flip tortilla onto your hand and carefully peel off the 2nd piece of paper. Return paper back onto tortilla press. Immediately cook the pressed tortilla on the hot griddle. Cook until bubbles form
4. flip over
5. and cook on the other side until browned. Do not flip the tortilla before bubbles form or the tortilla will break. Repeat with remaining dough balls. Serve immediately or cover with a cloth and reheat in the microwave for 30 seconds at 600W. Cook's Note The cassava dough can be tricky. Take care to peel away the parchment paper from one side of the tortilla first
6. then pull it away from the other side. Don't try to remove the tortilla from the parchment paper
7. as it will stick. If this happens
8. scrape off the dough
9. shape it into a ball again
10. and put it through the press. The dough is delicate but forgiving. If it's too wet
11. dust it with a bit of flour
12. but don't add too much or it will dry out and break during the cooking process.