



**Cuizoo Cooking School
January 29, 2020
Homemade Tortillas, Chicken Quesadillas, and Guacamole**

Simple Homemade Tortillas

Yields 8 tortillas, can easily double or triple the recipe for more

2 1/2 cups (298g) All-Purpose Flour, plus additional as needed

1 teaspoon baking powder

1/2 teaspoon salt

1/4 cup of any one of the following: lard (57g), butter (57g), shortening (48g), or vegetable oil (50g)

7/8 to 1 cup (200g to 227g) hot tap water (about 110°F to 120°F)

1. In a medium-sized bowl, whisk together the flour, baking powder, and salt.
2. Add the lard (or butter, or shortening; if you're using vegetable oil, add it in with wet ingredients. Use your fingers or a pastry blender to work the fat into the flour until it disappears. Coating most of the flour with fat inhibits gluten formation, making the tortillas easier to roll out.
3. Pour in the lesser amount of hot water (plus the oil, if you're using it), and stir briskly with a fork or whisk to bring the dough together into a shaggy mass. Stir in additional water as needed to bring the dough together.
4. Turn the dough out onto a lightly floured counter and knead briefly, just until the dough forms a ball. If the dough is very sticky, gradually add a bit more flour.
5. Divide the dough into 8 pieces. Round the pieces into balls, flatten slightly, and allow them to rest, covered, for about 30 minutes. If you wish, coat each ball lightly in oil before covering; this ensures the dough doesn't dry out.
6. While the dough rests, preheat an ungreased cast iron griddle or skillet over medium high heat, about 400°F.
7. Working with one piece of dough at a time, roll into a round about 8" in diameter. Keep the remaining dough covered while you work. Fry the tortilla in the ungreased pan for about 30 seconds on each side. Wrap the tortilla in a clean cloth when it comes off the griddle, to keep it pliable. Repeat with the remaining dough balls.

8. If there are leftovers, allow them to cool completely, then wrap tightly in plastic and store in the refrigerator. Parchment in between the layers helps to prevent them from sticking to each other. Reheat in an ungreased skillet, or for a few seconds in the microwave.

Quesadillas

This is a great way to use up leftover meat or veggies. Get creative! Note: I call for freshly shredded cheese because it melts so much better than the pre-shredded cheese from the store. Those products have starch in them so the cheese doesn't stick together in the bag, but that also makes it less melty and delicious. Feel free to use pre-shredded if that's all you have!

Cooked and Sliced/Shredded Chicken, Pork, Steak, or Veggies
Freshly Shredded Cheddar Cheese (or a mix of Cheddar and Monterey Jack)
Finely Chopped Red Onion
Chopped Cilantro
Homemade or store bought flour tortillas
Salt, Pepper, Seasonings
Softened Butter

1. Season your meat or veggies with salt and pepper. Other seasonings such as Chipotle Pepper, Cayenne Pepper, Cumin, Garlic, etc. also go well here if you like them.
2. Lightly spread one side of each tortilla with some softened butter. Flip buttered side down onto a griddle or pan over medium heat. Layer your toppings starting with a bit of shredded cheese, chicken (or other choice), red onion, cilantro, and more cheese. Cover with another buttered tortilla, with the buttered side facing up.
3. Cook over medium heat until lightly golden brown. Carefully flip and allow second side to get golden with melted cheese inside. Let rest for a minute or two and cut into wedges. Serve with fresh guacamole, sour cream, salsa, and hot sauces.

Guacamole

Note: I like my guacamole *without* chopped tomatoes, but feel free to add them if you enjoy them! Also, guacamole and avocados generally require a fair amount of salt. So if your guacamole tastes bland, add a little more!

Makes about 2 cups

3 ripe but firm avocados, peeled and pitted
2 tablespoons fresh lime juice
1/4 cup chopped red onion
1/4 cup finely chopped jalapeno (more or less to taste)
1 clove finely chopped garlic
1/2 cup chopped fresh cilantro
Kosher salt and freshly ground pepper

In a medium bowl, lightly mash avocados. Add lime juice, onion, jalapeno, cilantro, 2 teaspoons salt, and 1/4 teaspoon pepper and mix to combine. Serve immediately or refrigerate in an airtight container with plastic directly on the surface for up to 1 day.

Timeline:

- 4:00 - 4:15 Welcome and Wash Hands
- 4:15 - 4:30 Mix tortilla dough and portion into 24 balls. Refrigerate.
- (4:30 - 5:00 Rest dough)
- 4:30 - 5:00 Make Guacamole, Shred Cheese, Chop Quesadilla Ingredients)
- 5:00 - 5:15 Roll tortillas and cook
- 5:15 - 5:40 Make Quesadillas
- 5:40 Serve Quesadillas and Portion Leftovers

Trivia:

1. The word tortilla comes from the Spanish word "torta" which means:
 - a. Flat Bread
 - b. *Round Cake
 - c. Layered Dinner
 - d. Crunchy Chip

2. The typical Mexican family of four consumes how many pounds of tortillas per day?
 - a. ½ pound
 - b. 1 pound
 - c. *2 pounds
 - d. 4 pounds

3. What is the literal meaning of quesadilla in Spanish?
 - a. Cheese of the day
 - b. *Little cheesy thing
 - c. Cheese Sandwich
 - d. Cheese Tortilla

4. If you order a tortilla in Spain (rather than Mexico), what will you get?
 - a. A round flatbread with fillings inside, like a burrito or soft taco
 - b. *A round omelet made with eggs and potatoes cut into wedges
 - c. A small round cake
 - d. Chips, Salsa, and Guacamole

According to Mayan legend, tortillas were invented by a peasant for his hungry king in ancient times. Corn tortillas date back around 10,000 years before Christ and were made of native corn with dried kernel. When the Spanish brought wheat to the New World, flour tortillas were created.