



## Tortillas y Guacamole

### Tortillas

- 4 cups finely ground corn flour
- 2 cups water
- A small amount of vegetable oil for the cooking surface

Start with corn flour in a shallow bowl. Add water a little at a time until desired consistency is reached, mixing with your hands as you go. The mixture should feel like soft dough but should not be too wet. Once you have the right consistency, it's important that you let the mixture absorb for at least 5 more minutes before you start making tortillas.

Wet your hands slightly to keep dough from sticking while forming tortillas. Form a ball of dough approximately 2 inches in diameter. Using your palms form this ball into a somewhat flattened, round shape, approximately the size of your concave palms. It's easiest to form this shape by cupping your palms. From this shape use flattened fingers against palm, hand to hand to form a larger round shape. Finished corn tortillas are typically 5-6 inches in diameter and approximately ¼ inch thick.

On the stovetop or grill heat a flat pan that has been lightly oiled. Place finished tortillas directly on pan and cook to desired darkness. Flip and cook other side to desired doneness. When finished warm tortillas are stacked and wrapped in a towel to maintain heat. Tortillas are typically served warm.

### Guacamole Guatemalan Style

- 1 large or 2 medium avocados (aguacate)
- ¼ small white onion diced finely (cebolla)
- 1 heaping teaspoon salt (sal)
- 1 teaspoon dried oregano (oregano)
- 1 teaspoon lime juice (jugo de limon)

Mix all ingredients together and serve fresh. In Guatemala aguacate is prepared immediately before serving.

Note – different avocados will have a different consistency and flavor, some more creamy than others. The typical avocado used in Guatemala is very large and creamy in texture. Always choose ripe avocados for guacamole. Avocados are ripe if they give easily when squeezed slightly.

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