

Laura's Homemade Tortillas

(Recipe courtesy of Laura Penvose)

2 Cups all-purpose Flour
1 tsp baking powder
1 Tbsp Lard (Shortening)
1 Tbsp, hot Water.

Rolling pin or foot long bar.
Cast Iron or Heavy Aluminum skillet

In a large bowl combine the Flour, the baking powder, and the lard. Knead the dough thoroughly. Then add the Tbsp of hot Water and mix until the dough is moist but not gloppy. You may add more Flour if there is too much Water.

Leave the dough in the bowl and cover the bowl with a wet paper towel or damp washcloth to promote rising. Let the dough rise for 10 –15 minutes.

Rolling the tortillas:

Pinch out chunks of the dough and hand-roll into balls (For smaller tortillas golf ball sized, for larger tortillas racquet ball sized). On a flat surface sprinkle with Flour and begin rolling out tortillas from the little balls using a rolling pin or a rolling bar.

Over medium high heat pre-heat the skillet. Toss the rolled tortillas in the skillet and let cook on each side for about 15 seconds.

Spanish Rice

(Recipe courtesy of Delilah Ledford)

2 Cups Water
1 Cup Rice
1 small (8 oz) can plain tomato sauce
1Tbsp cooking oil
1 heaping tsp Garlic powder
1 tsp Salt
1 heaping tsp Black Pepper

In a skillet heat the oil then add the rice. Partially brown the rice in the oil.

Pour the partially browned rice into a sauce pan, add the 2 Cups of Water, the tomato sauce and the spices. Stir vigorously to ensure equal distribution of the spices.

Lower the heat to a simmer (typically low or between low and medium), cover the sauce pan and let cook undisturbed for approximately 30 minutes or until there is no excess Water.