

# HONDURAN BALEADAS

*(pronounced bal-e-A-das)*



## Tortillas (12 servings):

How to make tortillas using three different techniques!

Ingredients:

- 2 cups Quaker Harina Preparada Para Tortillas (white flour tortilla mix)
  - ½ cup warm water
  - 3 tablespoons vegetable oil
1. Combine Quaker Harina Preparada with warm water, little by little. Mix by hand.
  2. When dough has become soft and pliable, add vegetable oil and combine. Mix by hand.
  3. Knead dough until it becomes shiny and smooth rather than sticky and lumpy, more or less ten minutes. Form dough into 12 small balls.
  4. Place balls in mixing bowl and cover with plastic wrap. Let rest for 10-20 minutes.
  5. Preheat *ungreased* comal or heavy skillet until very hot.
  6. Pick a tortilla-making technique from those listed below!
  7. Take tortilla and place on the hot surface for 30 seconds on each side. Remove with a spatula and wrap in a towel to keep warm until eating.

Rolling pin technique:

1. Lightly flour a flat surface and roll out each dough ball to form a 6-inch circle.
2. If the dough begins to stick to the rolling pin or the surface, sprinkle a little bit of flour to both sides.

Plastic sheet technique:

1. Cut out a large circle of plastic from a gallon-sized ziplock bag. The circle should be larger than you want your tortillas to be.
2. Take a small ball of dough in hand. Turn ball counter-clockwise as both thumbs press down the edges of the ball.
3. Once edges are relatively flat and a small bump in the middle remains, take disc of dough and place it on the cut-out circle of plastic on the table.
4. Take your dominant hand and press down the dough using the upper part of your hand. Lift your hand slightly and press down on the disc again while at the same time turning the disc slightly counter-clockwise. Repeat motion. Take your non-dominant hand and place it on the outside of the disc to guide it and keep the edge round as your dominant hand presses down on the dough.
5. Repeat until disc has expanded and is an even thickness.
6. Use the palm of your hand to flatten the dough if there remain part of uneven thickness.
7. Carefully place the circle of plastic tortilla-side down on the palm of your dominant hand. Carefully, peel back the plastic so that the tortilla remains on your hand.

By hand technique:

1. Take a small ball of dough in hand. Turn ball counter-clockwise as both thumbs press down the edges of the ball.
2. Once edges are relatively flat and a small bump in the middle remains, take disc of dough in the upper palm of your dominant hand. Press the dough to the upper palm of your other hand with a medium amount of pressure. Pass disc to other hand in the same motion, and repeat until disc has expanded and is an even thickness.
3. Stretch tortilla lightly at the edges to round it out if necessary.

### **Frijoles (refried beans)**

*(pronounced free-WHOLE-ez)*

Ingredients:

- 1 pound of black beans
- 4-6 cups of water
- 3 cloves of garlic, minced
- 1 teaspoon of cumin
- 1 teaspoon of oregano
- 1 tablespoon of vegetable oil
- 1 teaspoon of salt

1. Clean beans in a colander with running water. Place beans in a large heavy-bottomed pot and cover with water.
2. Add the rest of the ingredients. Bring to a boil and then turn the heat to low. Cover pot for an hour and half to let the beans soften and cook at a simmer.
3. Mash beans with a potato masher, then add to a food processor or blender. Blend until beans are liquid consistency.
4. Add a little bit of oil to a pan and cook the beans until they are a creamy texture.

### **How to assemble your baleada:**

Ingredients:

- Scrambled eggs
- Avocado, sliced
- Queso fresco, crumbled (feta cheese is a good substitute)
- Sour cream
- Meat of choice, such as chorizo, carne asada, etc. (optional)

1. Take tortilla and spread a generous spoonful of frijoles on its surface.
2. Add your ingredients of choice to the tortilla! Fold it up taco-style once you're done.
3. Eat and enjoy! 😊