

# Masa & Tortillas

The Latin American Dough For Tortillas, Tamales, Sopes, & more

Latin American cuisine would be nowhere without Masa, a dough made from very finely ground corn, which is used to make Tortillas, Tamales, Gorditas, Sopes... it is everything in Latin cooking. Think of it like the all purpose flour that you're used to using for biscuits, rolls, pizza dough, and other common baked goods. The flour required to make Masa is in most all grocery stores, typically found in either the Latin/Ethnic section or by where the Cornmeal is sold, sometimes labeled as "Maseca, Instant Tamale Mix." Note, this is NOT a traditional recipe, this is my version. Because I want them to be healthy, I'm using yogurt instead of lard. This makes the masa softer and also helps the texture should you choose to make tamales by adding the additional baking powder.

## Ingredients:

- 2 cups Masa Harina, Maseca, or other brand Instant Corn Masa (corn flour NOT cornmeal!!)
- 1-1/2 cups water (add a little extra if it's too dry)
- 1/2 cup Fat Free Plain or Greek Yogurt
- 1/2 tsp salt
- Additional water if needed for mixing
- \*\*\* (add 2tsp baking powder if being used to make Tamales)
- \*\*\* (you can use fat free chicken broth instead of water, to add more flavor to your masa)

## Directions:

1. In a large mixing bowl, combine the corn flour, 1-1/4 cups water, yogurt, and salt. Mix thoroughly until you form a semi-firm masa ball. If masa appears dry while mixing, add additional water as needed.



## SERVING SIZE & POINTS:

- The servings & points vary, depending on how much masa you use, as well as which plan you are on, due to the Greek yogurt. For tortillas I use 1/16 portions, for tamales I use 1/4 portions. **The points listed below are for 1/16 portions,** which is actually 1/8 of each of the 2 big masa balls. (pictured below)

**Yield:** 2 big masa balls

**Servings:** 16

**Serving Size:** 1/16 portion



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1-2

- last checked 11/14/22 -  
Use your mobile device's 'Camera' App to look at this code for nutritional info.



2. Remove masa to a cutting board, and cut into 2 equal sized, large masa balls. Then portion each one into 1/4's and then into 1/8's sized portions.



3. Roll each one of the 16 small masa sections into a circular ball. Then, on a flat surface, use your palm and fingers to press the dough balls into tortilla sized rounds.



4. For perfectly uniform tortillas, you can use a traditional tortilla press to form them. They are fairly inexpensive and can be purchased at most ethnic grocery stores, walmarts, or online, for around \$10-15. Get a metal one.



5. To cook the tortillas, heat a skillet, griddle, or large pan, till hot, over on medium-high heat. Cook each tortilla for around 45 seconds to 1 minute per side.



6. Keep tortillas warm by placing them in a covered container, or place them on a plate covered with a dish cloth. Tortillas are best served warm... unlike revenge.



#### A FEW DIFFERENT USES:

- A) Sopes - Traditionally, the base is made from a circle of fried masa with sides pinched up to resemble a shallow cup. However for WW purposes you should spray it with cooking spray and then bake it. This can then be topped with any number of toppings. Bake the shells at 350 degrees for 10-15 minutes.
- B) Tamales - If you are a WW member, you can view a video in Connect where I show how to make 3-4 point Tamales. Search for [#dhallaktamales](#) and scroll down to my DIY Tamale video.
- C) Arepas - Arepas are awesome. For best results use a 3 point 1/4 cup section of the Masa dough, form it into a 1/2" thick tortilla round. For the non-fried WW version, cook it on a hot griddle or pan for 45 seconds on each side, and then remove it from the heat and slice it ALMOST completely in half down its length like a big pocket. Stuff it with fillings of your choice, then return it to heat.
- D) If you need me to explain what a Taco is... put down this book. Put it down. No really, put it down. No food for you.

#### COOKING TIPS:

- You can easily HALVE this recipe if you don't want to make a big batch.
- If you plan to make Tamales OR Arepas, make sure to add 1 tsp of baking powder to each cup of flour that you use to help them fluff up a little bit.
- If you would like to NOT use the yogurt in this recipe due to dairy allergies, you can replace it with an equal amount of silken tofu.
- If you would like an even MORE chewy tortilla, you can substitute 1/4 cup of the corn flour with 1/4 cup of all purpose flour. I personally love the texture that way... but I'm a full-on Gringo.
- If you buy a tortilla press, I would recommend a metal one. They are a few dollars more, but they are more durable. I've broken 2 plastic ones from the hinges breaking with too much pressure.
- Instead of a tortilla press you can put one of the balls of masa between 2 layers of plastic wrap and press down with a pot.
- For more savory tortillas add 1/2 tsp garlic and onion powders to the masa.