

Tortilla In A Bag

Wyoming Activity

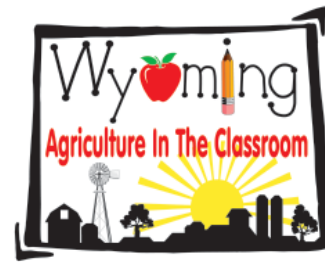
Materials

- 1 1/2 cups all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon baking powder
- 3 tablespoons shorting
- 1/2 cup hot water (125 - 130 F)
- Electric Griddle

Activity Procedure

1. In a large plastic Ziploc bag, combine flour, salt and baking powder.
2. Close bag and shake to mix.
3. To the ingredients in the bag, add to shortening. Close bag and work mixture with fingers until the ingredients form a soft dough that pulls away from the sides of the bag.
4. Add the hot water to the bag. Close the bag and mix with fingers until the ingredients form a soft dough that pulls away from the sides of the bag.
5. Turn the dough out onto a lightly floured surface. Divide dough into four equal pieces and shape into balls. Each child receives two balls. Cover them with the plastic bag, and let rest for 15 minutes.
6. Roll or pat the dough into 8 or 10-inch circles. Place each circle on a griddle or frying pan heated to medium high. Cook until dark brown spots appear. Turn tortilla and cook on the other side until brown.

Want a quick meal? Roll up a tortilla with cheese, salsa and/or refried beans. You can even turn them into a dessert, sprinkle with cinnamon and sugar on top, roll up and eat or add pie-filling for a tasty treat.



Time: 1 Hour

Grade:

Kindergarden - 12th Grade

Standards:

Social Studies:

Culture/Cultural Diversity:

