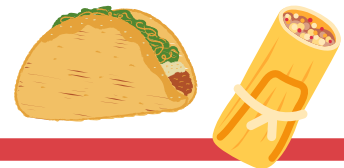


MASA 101

Masa or masa harina, "dough flour" in Spanish, is a type of traditional flour used to make tamales, tortillas, pupusas, sopes, and many latin-american favorites. To make masa, field corn is dried, soaked, and cooked in a solution of lime and water to loosen the hulls from the kernels of the corn. This process is called nixtamalization and it softens the corn, making it easier to digest. The corn is then washed and ground into powder or masa harina.

Masa harina is a versatile flour most commonly used to make tortillas! It is mixed with warm water and salt to form a dough that has the consistency of play-dough. Then the dough is then pressed into circles and cooked in a pan to make the tortillas! You can also mix masa with bone broth to make tamales, mix it with cheese and fillings to make pupusas, or top it with refried beans and meats to make sopes!

Store masa at room temperature in the pantry.



FUN USES FOR MASA

First things first: if you have leftover tortillas, cut them into strips or squares and fry until golden brown and crispy. Drain on a paper towel and sprinkle with a little salt. Add the fried tortillas to your chicken tortilla soup, fajita salad, burrito bowl, or anything that needs a little crunch!

Tortilla aliñada (Costa Rican cheese tortillas)

Mix 2 cups masa, 1.5 cups warm water, a large pinch of salt, 1/4 cup sour cream and 1.5 cups of shredded cheese (yes! mix cheese into the dough). Mix and make tennis size balls. Pound into a large tortilla about 1/4" thick and cook on a large, oiled sauté pan over med-low heat. Cut like a pizza and eat right away with a little more sour cream on top!

Empanadas!

Follow the tortilla making instructions on the recipe card. Once your tortilla is flat, carefully place fillings (cheese, pulled or ground beans) a little off center of the tortilla. Fold the other side over to cover and form a half circle. Crimp the edges together with a fork to seal the filling and form an empanada! Fry on both sides and serve with a squeeze of lime!

Gorditas

Mix 2 cups masa, 1.5 cups warm water, a large pinch of salt, 1/4 cup sour cream. Form into golf size balls. Pound into disks about 1" thick and about 5" in diameter, about the size of a hamburger patty. Cook on a large, oiled sauté pan over med-low heat for 6-8 min per side. Let cool for a few min. Carefully cut through the middle, leaving the end attached like a pita bread. Stuff the gordita with salads, meats and other toppings!