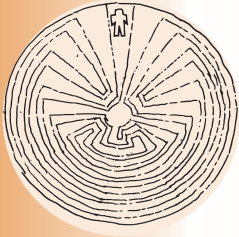


TASTING TORTILLAS



One food you might encounter as you travel is the tortilla. Like many foods,

tortillas represent a blend of cultures. Before the first Europeans came to the Americas, the Aztecs made flat cakes of cornmeal. They didn't call their flat cakes "tortillas," however. That name was given to the cakes by the Spaniards who came here.

Why? In Spain, a tortilla is a flat egg omelet that probably looked very much like the cake of maize, or corn, cooked by the Aztecs.

After the Spanish arrived, cooks used wheat in addition to corn in their tortillas. Today you can eat tortillas by themselves or wrap them around a filling. Other foods, such as tortilla chips, burritos, enchiladas, and tacos, are all made with tortillas.



Hilda's Fabulous Tortillas

With an adult's help, try making your own tortillas using Hilda Alegria's recipe.

3 lbs. flour

1/3 cup lard or shortening

3/4 teaspoon salt

approximately 2 cups of tap water to mix

cooking oil

Mix the flour, lard, and salt. Add the water 1/4 cup at a time, mixing well after each addition. Dough should be soft and slightly sticky. Make small balls, brush with oil, cover, let stand for five minutes. Dip each ball lightly in flour before patting it into a thick, flat, pancake-like shape. Brown each side using a nonstick skillet or griddle.