**Flour Tortillas**

Yield: 4

INGREDIENTS

250 mL Flour

2.5 mL Salt

25 mL Cold Shortening

80 mL Cold Water

Instructions:

1. Combine flour and salt in bowl.

2. Cut in cold shortening using pastry blender until it resembles coarse oatmeal.

3. Slowly add in water while tossing with a fork.

4. Dump onto counter and carefully work dough with finger tips till it hold together.

5. Divide dough into 4 equal portions and roll out each ball on a floured surface

6. Cook in an ungreased frying pan on med. heat – one at a time. The sides should be dry and there should be brown specks appearing.

7. Keep tortillas warm in a 200 F oven, until you are ready to assemble.

**Huevos Rancheros**

 Groups of 4

INGREDIENTS

 ½ Medium onion, chopped

 ¼ Green pepper, diced

10 mL Oil

 1 Tomato, peel removed and

 Diced\*

90 mL Chicken or vegetable broth

 ¼ Jalapeno pepper, diced

1 mL Cumin

1 mL Oregano

4 Flour tortilla

4 Fried eggs

Instructions:

1. In a saucepan over medium heat, cook **oil**, **onions** and **green pepper** until vegetables are soft.

2. Add diced tomatoes with juices, chicken broth, jalapeno and spices.

3. Bring to a boil stirring often to prevent sticking until sauce is thick & reduced.

4. Keep the sauce warm while preparing the tortillas and eggs.

5. In a lightly greased frying pan, crack and fry eggs to the desired effect.

6. On plates arrange tortilla on bottom, egg and top with warmed salsa. Enjoy!

\*To skin tomato, cut an x in the bottom, remove stem, and place in a saucepan of boiling water for 30 seconds. Immediately place in cold water and peel away skin.

**Demo Questions**:

1) Why do tortillas only brown a little bit?

2) What does Huevos Rancheros mean?

3) The tomato is skinned by \_\_\_\_\_\_\_\_\_\_\_\_\_\_.