

Soft Corn Taco Shells

Season: All

Makes: 30 small taco shells

Make these Mexican flatbreads as thin as possible so they cook really quickly and get really crisp – you'll be surprised at how they bubble up in the pan.

Note: *Masa* is the Spanish word for dough. *Masa* flour is a traditional maize flour used to make gluten-free taco shells, tortillas and other Mexican favourites. Don't substitute corn meal or regular corn flour for *masa*, as these flours are processed differently and won't give the same results as *masa* flour.

Equipment:

metric measuring scales,
cups and spoons
large bowl
rolling pin
heavy-based frying pan
clean tea towel

Ingredients:

2½ cups *masa* flour
½ tsp salt
2¼ cups warm water

What to do:

1. Mix the flour, salt and water in the large bowl.
2. Tip the dough onto a floured surface and knead for a few minutes until it is smooth and elastic.
3. Allow the dough to rest for 10 minutes.
4. Divide the dough into 30 small balls the size of walnuts. Roll each out into a circle 10 cm in diameter, about 1 mm thick.
5. Cook in dry heavy-based frying pan until the top is slightly bubbly, then turn on opposite side for a minute or two.
6. Stack the tacos as they're cooked and wrap them in a clean tea towel to keep them warm.

