



Teardrops on My TORTILLA

(Makes 8 Tortillas)

🎵 Teardrops on My Guitar 🎵



Ingredients

1/2 cup sourdough starter discard (room temp)

1/4 cup organic extra virgin olive oil

1/3 cup warm, filtered water

1 2/3 cup organic all purpose flour

1/2 tsp fine sea salt

Optional: Butter for frying



Instructions:

Mix

In a large mixing bowl, whisk together the sourdough discard, olive oil, and water until well combined. Add the flour and sea salt. Mix until a smooth dough forms.

Stretch and Fold

Perform one set of stretch and folds. To do this, gently pull one side of the dough up and over, folding it back onto itself. Rotate the bowl and repeat, folding from each side to complete all four stretches.

Rest the Dough

Cover the dough with a tea towel and let it rest for 30 minutes.



Shape the Dough

After resting, divide the dough into eight evenly sized pieces. On a lightly floured surface, roll each piece into a round tortilla shape as thin as possible without tearing the dough.

Cook the Tortillas

Heat a skillet or pan over medium/low heat. I like using a cast iron skillet. I also like to add some butter to the skillet. Once hot, cook each tortilla for 3–4 minutes on each side, or until bubbles form on the top.

Important: Don't increase the heat too much, as this can burn the tortillas, making them less soft.

Serve Hot Off the Pan

Let them cool before storing. Will keep in the fridge for up to a week or in the freezer for up to 6 months.