

Mexican Sope



Ingredients:

- 2 cups plain flour (G.F option plus 1tpsn. of Xanthan Gum) mass harina
- 1 teaspoons salt
- 1 tablespoons olive oil
- 1 cup lukewarm water

Instructions:

1. Mix the flour with the salt and gradually stir in the oil and nearly all of the water. Mix it together with your hands until a soft dough forms, with the consistency similar to playdough.
2. Divide the dough into 15-18 pieces and roll them into balls, then cover them with a kitchen towel.
3. Cut baking paper into 2 large squares.
4. Heat a pan over high heat.
5. While heating the pan, place one of the dough balls between the two squares of baking paper. Using palm of your hand (or rolling pin), apply pressure until you have a flat and even disk.
6. Place the disk onto the pan, and cook until it looks dry on the top, about 1 minute. Then flip it over and cook another 20 to 30 seconds until fully cooked. Place the cooked sope on a baking sheet and wait about 30 seconds until it has cooled, then pinch the edges up with your fingers (or a small cup) to form the borders. Continue for all sopes.

Step by Step Instructions:

1. Mix ingredients together and form the dough.



2. Divide dough into 15-18 pieces and roll into small balls.



3. Place dough balls in between baking paper and flatten with a heavy plate. (rolling pin)



4. Cook on hot frying pan for 1 minute then flip and cook for another 20-30 seconds.



5. Place the cooked sope on a baking sheet and wait about 30 seconds until it has cooled, then pinch the edges up with your fingers to form the borders.



6. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.



7. Wet and dirty tea towels put in laundry basket and hang up aprons.

