

## How to Fry Tortillas

*For Taco Shells, Chips, Quesadillas, Nachos, and Tostadas*

This method works well on corn tortillas and flour tortillas. Once you master this you will never buy another pre-fab tortilla shell! These are not only delicious but are a real money saver and crowd pleaser.

Flour tortillas fry faster so use a slightly lower temperature or cook them for a shorter time in the same temp oil. I make my Quesadillas out of flour tortillas first while the oil is almost to temp then fry my corn taco shells last. Flour tortillas are great as taco shells too and are much easier for people and kids with tender mouths to eat. You can find flour tortillas in many different sizes including taco and fajita size. You can make anything you make out of a corn tortilla with a flour tortilla except in casseroles. NOTE: If you have concerns about frying you can also bake tortillas crispy, look online at E-How for instructions.

Pour vegetable oil into a skillet until you have a layer 1/2 inch to 1 inch deep. Heat the oil on high until it is at least 350 degrees F., but no more than 380 degrees. I want to mention here that it has served me well over the years to have a dedicated tortilla frying pan. I am partial to using a cast iron pan for this but I used a cheap Teflon pan for years before switching, both work well.

Reduce the heat under the skillet slightly. You should not continue to increase the oil's temperature after it reaches this point, but rather use only enough heat to maintain the correct temperature of 350° to 380° degrees F.

Place a single whole tortilla into the hot oil using tongs. Let it sizzle for a moment then grab one edge with the tongs and hold it over itself to look like a taco shell. Once you have held it in this position for a moment let go and place your tongs on the inside of the taco shell to hold the bottom of it against the bottom of the fry pan and keep the tortilla from sticking to itself. Turn the taco shell over and repeat this process on the other side of the shell so it's crispy on both sides. Remove shell when it's just starting to turn golden brown on the edges and will hold its shape. Place open side down on paper towels to drain off any oil (if you are frying at the correct temperature your food will never be greasy). If you are making tortilla chips, put in as many tortilla wedges as you can comfortably fit into the skillet without crowding them together. Flip the whole tortilla or tortilla wedges frequently with tongs until they achieve a light golden-brown color, and then remove them from the hot oil.

Place the fried tortilla or tortilla chips onto a layer of paper towels on a wire cooling rack. This is a good time to season tortilla chips so add salt or your favorite Sandia Spice Company seasoning while they are warm. It is also at this time you can put grated cheese on your fried flour tortilla to make it a quesadilla. Fry quesadilla and tostada rounds flat in the oil.

**TIP:** take tortillas and put several holes in them with a toothpick to keep them from forming giant bubbles while frying. I keep my toothpick handy while frying corn and flour tortillas to pop any bubbles that form so my finished flat fried tortillas are pretty and functional. Store chips and extra tortillas in a zip lock for as long as they will last. You can freshen fried tortillas up in the oven at 350° for a few minutes.