

## **Corn Titiyas Fried and Salted**

This is our traditional ¼-inch thick corn titiyas but quartered and fried till the outside is toasted. Frying this up is a delicious way to enjoy corn tortillas, and an excellent way to bring life back to leftover titiyas from the fridge or from the freezer. The inside of these fried pieces of masa stay soft while the outside is crispy.

You may use Maseca brand masa or your favorite brand, both of which have a fine, flour-like consistency. I've discovered the heirloom red, blue, and yellow masa from Masienda.com; they are delicious but require a little bit more water than Maseca. Thus, when adding the water, do so a little at a time, especially when the dough starts to come together. To test if you've used enough water, roll a ball of masa between your palms then press into a flat disc. If the edges of the disk crack, you need a bit more water.

I have since found it easier to use grocery plastic bags instead of wax paper when pressing the dough into a disc.

The flavors of masa and coconut are incredibly divine so it's best to fry the titiyas in coconut oil to get the full experience. It's not to say you can't fry in any other type of oil, but it will not be the same deliciousness!!

You may griddle half of the dough and store the remaining half in the fridge a few days. Or, I usually griddle the entire batch, cool overnight, then freeze so I can thaw overnight as needed.

Enjoy this with your fave kelaguen and even gollai hãgon spinach or suni.

### ***INGREDIENTS***

#### Set 1

4 cups regular masa

2 tablespoons granulated sugar

1 teaspoon salt

#### Set 2

3 ½ to 4 cups water

#### Set 3

Coconut oil

Your favorite salt

***Tools: large bowl, 1/3 cup measuring cup, tortilla press, griddle pan, plastic grocery bag or wax paper, tortilla warmer, saucepan***

### ***DIRECTIONS***

In a large bowl, mix the masa, sugar, and salt together.

Add 2 cups of water and blend with one hand. Continue to add water a little at a time, combining with your hand.

Once the mixture is a smooth dough, roll a ball of masa and press it flat between your palms. If the edges of the dough crack, add a little bit more water to the dough.

Roll a ball in your palms again and press flat. If the edges of the dough do not crack, your dough has enough water.

Use the 1/3 cup measuring cup to portion the masa. Once all the dough is portioned, rinse both hands, then roll portions into balls.

You may press and griddle immediately, or cover and set aside for a few hours. Also, this dough may be wrapped as one mass in plastic and kept in the fridge for several days before cooking. Cool to room temperature before use.

Flatten the plastic grocery bag. Cut a square through both layers, the size of your tortilla press. These are reusable compared to having to replenish wax paper and are thin enough to easily peel from the pressed dough.

**Preheat a griddle on medium heat.** Brush with a light coating of coconut oil.

In the tortilla press, sandwich one ball of dough between the plastic sheets. Press lightly then make a half turn and lightly press again. Peel the top plastic off then place the tortilla side directly on your hand. Peel the bottom plastic off. Lay the dough on the preheated griddle then prick a few times. Cook till lightly browned on one side and flip to cook second side. Once lightly browned, transfer to tortilla warmer. Cook remaining dough.

**In a saucepan, melt enough coconut oil to make ¼ inch layer of oil.** While oil is heating up, cut griddled titiyas in quarters. Once the oil is hot, fry the titiyas wedges till crisp on one side; flip to crisp the other side. When done, remove to napkin-lined tray and sprinkle with salt then flip to salt other side.

Leave uncovered till ready to eat.

Eventually, the titiyas will soften. Recrisp in the air fryer.

Recipe courtesy Paula Quinene of [Paulaq.com](http://Paulaq.com).