

Baleadas

Honduras' beloved folded tortilla

PREP 25 MIN • COOK 15 MIN • MAKES 8

INGREDIENTS

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- 3 cups all-purpose flour
- 1 tsp salt
- 1 tsp baking powder
- 4 tbsp butter or shortening, softened
- 1 cup warm water
- 2 cups cooked red beans with some broth (or canned)
- 2 tbsp lard or oil, for refrying
- 1/2 small onion, minced
- 2/3 cup Central American crema (or sour cream, loosened)
- 1 cup crumbled queso duro or feta
- Optional: scrambled eggs, sliced avocado, hot sauce

METHOD

1. Make the dough - Whisk flour, salt and baking powder. Work in the butter, then the warm water, and knead 5 minutes until smooth. Rest, covered, 20 minutes.
2. Refry the beans - Sizzle the onion in lard, add beans with a splash of broth, and mash into a silky, spreadable paste. Season with salt.
3. Shape - Divide the dough into 8 balls. Pat or roll each into a round slightly thicker than a standard tortilla.
4. Griddle - Cook on a dry, hot skillet about 1 minute per side, until puffed and spotted brown.
5. Fold - Spread each hot tortilla with beans, drizzle with crema, shower with cheese, add any extras, and fold in half. Eat immediately.

Tip • Fold the baleada while the tortilla is still steaming - it seals around the beans and stays soft.