

The Ultimate Tortilla Press Cookbook by Dotty Griffith

5 stars

Finally! The perfect guide to making this ancient food.

If like me, you came to tortillas simply because they were on a supermarket shelf or were being offered in a restaurant and therefore you had absolutely no idea how to make them then stress no more!

Dotty Griffith has produced a truly wonderful recipe book on how to make flatbreads (of all descriptions) and taken the mystery out of producing them. As she says at the beginning of the book, "Pre-Columbian tortilla history goes back an estimated 10,000 years to the Mesoamerica, where Mayans made tortillas from ground corn. The Aztecs continued the tradition, as did the Incas of South America."

The recipes include making this wonderful flatbread using so many different methods and of course, the fillings that we love to wrap the tortillas, burritos, enchiladas or tacos around. There is even a section on puddings!

The reason the word "Press" is in the title is because one needs to use a press, either a manual one or an electric one to get the bread – flat.

This is an absolute must for people who like me, might not like bread, and find this type of "bread" far more satisfying.

Treebeard

Breakaway Reviewers received a copy of the book to review.