

ORGANIC

100% EMPLOYEE OWNED



FINELY GROUND WHITE CORN

Organic Masa Harina FLOUR

FOR SOFT, HOMEMADE CORN TORTILLAS



NET WT 32 OZ (2 LBS) 907g



Perfect for corn tortillas, tamales & pupusas



Organic Masa Harina

Masa harina, Spanish for dough flour, is the traditional corn flour used to make tortillas, tamales, and other Latin American dishes. Our masa harina is made in the traditional manner by soaking corn in a mixture of lime and water to deliver incredible flavor and texture. It is then dried and super-finely ground to make masa harina. Our certified gluten-free Organic Masa Harina is made from organic white corn that's 100% American-grown and milled.

Tips for Making Tortillas

- No tortilla press? Flatten dough (sandwiched in plastic) to about 1/8" thick using a heavy, flat-bottomed skillet at least 6" in diameter.
- If making tortillas for later, add 1 teaspoon oil per cup of masa harina and your tortillas will stay soft and flexible when reheated.
- Extra prepared dough may be wrapped and chilled for 2-3 days before using.

OUR RECIPE FOR Corn Tortillas

2 1/2 cups (231g) King Arthur Organic Masa Harina
1/6 teaspoon (pinch) salt
1 1/2 cups (378g) warm water, about 100°F

- Stir together masa harina and salt. Add warm water, stirring to make cohesive dough. Work dough in bowl with your hands until smooth and somewhat firm, about 1 minute.
- Divide dough into 16 pieces and roll each into a ball. Place on clean work surface and cover. Cut two 8" squares from a large food-safe plastic produce or zip-top bag.
- Place one piece dough onto plastic square in center of tortilla press. Cover with another plastic square and squeeze handle to flatten tortilla.
- Peel plastic off tortilla and cook on preheated griddle or cast iron pan over medium-high heat for 30-45 seconds. Flip and cook 60-90 seconds more. Flip again and cook for 15-20 seconds longer, until tortilla is set and soft.
- Wrap in clean dish towel to stay warm and soft. Repeat with remaining pieces of dough.

Yield: 16 medium (5" diameter) tortillas.



Make perfect tortillas at home

For detailed instructions and videos, scan this QR code or go to KingArthurBaking.com/Tortillas



Nutrition Facts

30 servings per container	
Serving size	1/3 cup (30g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0mg	0%
Potassium 95mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS:

Certified Organic White Corn
Treated with Hydrated Lime.

DISTRIBUTED BY

KING ARTHUR BAKING COMPANY, INC.
NORWICH, VERMONT 05055
800-827-6836 | KingArthurBaking.com



CERTIFIED ORGANIC BY QUALITY ASSURANCE INTERNATIONAL.

For information on allergens and cross-contact prevention, visit: KingArthurBaking.com/Allergen-Program

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.



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