

# Baleada

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**Honduras**

**Serving: 4 people**

**Yield: 8 pieces**

**Time: 45 minutes**

## Ingredients

1 cup of unbleached all-purpose flour  
1 cup of whole wheat flour  
1 cup of warm water  
1 egg  
1/2 teaspoon of salt  
1 tablespoon of canola oil

## Directions

- ✦ In a mixing bowl, stir together all-purpose flour, whole wheat flour and salt.
- ✦ Add egg, oil and enough water (about 3/4 to 1 cup) to form a stiff dough. Knead until smooth and not sticky.
- ✦ Form 8 balls out of the mass. Cover with a damp towel and let the dough rest for 25 -30 minutes.
- ✦ Heat a large frying pan or griddle over medium high heat.
- ✦ Use a rolling pin to form a large tortilla on a lightly floured surface.
- ✦ Place the tortilla on the hot pan and cook until crispy, about 30 seconds. Flip and cook the other side for another 30 seconds.
- ✦ Repeat until all of the tortillas have been cooked.

## Did You Know?

The bran, germ and endosperm have not been removed from whole-wheat flour which adds important nutrients like fiber and hearty flavor to this recipe. In most recipes, 20-50 percent of the all-purpose flour can be substituted with whole-wheat flour for excellent results.

Baleadas are one of Honduras's most original and popular foods. A baleada is a wheat flour tortilla, often quite thick, folded in half and filled with mashed fried beans. People may also add other ingredients. Many add sausage, plantain, hot sauce, avocado, chicken, pork and chismol which is diced tomato, onion and bell pepper.