



# BURRITOS

## *Ingredients*

### **Tortilla Dough**

- 315 g (11.1 oz) White Bread Flour
  - 160 g (5.64 oz) Water
- 60 g (2.1 oz) Sourdough Starter
  - 40 g (1.4 oz) Unsalted Butter
  - 6 g (1 tsp / 0.21 oz) Salt

### **Spices & Seasoning**

- 2 g ( $\frac{1}{2}$  Tbsp / 0.07 oz) Chilli Flakes
  - 8 g (1 Tbsp / 0.28 oz) Paprika
  - 2 g (1 Tbsp / 0.07 oz) Parsley
    - (To Taste) Salt
    - (To Taste) Black Pepper

### **Uncooked Filling**

- x1 (200 g / 7 oz) Cucumber
- x $\frac{1}{2}$  (80 g / 2.8 oz) Red Pepper
- x2 (200 g / 7 oz) Tomatoes
- x2 (320 g / 11.3 oz) Avocados

### **Cooked Filling**

- x4 (480 g / 16.9 oz) Onions
- 600 g (1 lb 5.1 oz) Chicken Breast
- x3 (15 g / 0.5 oz) Garlic Cloves
- 200 g (7 oz) Tomato Paste
- 100 g (3.5 oz) Water

### **Greasing / Frying**

- 30 g (2 Tbsp / 1 oz) Vegetable Oil

**MAKES 4 MEDIUM BURRITOS - 8 TORTILLAS**

## *Directions*

### **Prepare Your Sourdough Starter - The Night Before**

1. In your container, mix in 10 g (0.35 oz) of *Mature Starter*, 30 g (1 oz) of *Rye Flour* and 30 g (1 oz) of *Water*.

## **Tortilla Dough Mix**

1. In a bowl, mix in your **Tortilla Dough's *White Bread Flour, Salt, Water & Sourdough Starter***. Gently mix those ingredients together for *2 minutes*.
2. **Then** - add your ***Unsalted Butter*** & mix the dough until fully incorporated.

## **Knead Your Dough**

1. Use your palms to knead your dough on your work space for approximately *6 minutes* or until its surface becomes smooth.
2. Place your dough into a bowl, cover with a **damp cloth** & move it to your fridge to rest *overnight*.\*

## **Tortilla Dough Shaping**

1. Place your dough onto a ***floured work surface*** and cut it into **8 equal pieces**, roughly **70 g (2.46 oz)** each.
2. ***Stretch & fold*** all corners of an individual piece over itself and then shape it into a ball using your palms, stretching ***its sides under itself*** - Repeat with all remaining dough pieces.
3. Cover your boules with a ***dry cloth*** and let them rest for ***20 minutes***.
4. Re-flour your work surface - Then use your rolling pin & hands to stretch & flatten all boule pieces out into **20 cm (7.8 in)** wide Tortilla doughs.
5. Flour the top of the doughs before stacking them on top of each other & cover with a ***dry cloth*** to prevent them from drying out.

## **Cooking Your Tortillas**

1. Place a large pan on your stove top & preheat it to **high heat** for **2 minutes**.
2. Cook your raw Tortillas for **30 seconds** on each side & then stack them under a ***dry cloth***.

## **Prepare Your Uncooked Filling**

1. Dice your **Uncooked Filling's *Cucumber, Pepper & Tomatoes*** into a bowl.
2. Remove the flesh from your ***Avocados*** into a separate bowl.
3. Use a fork to mash & purée your ***Avocados into Guacamole***, adding ***Salt & Pepper*** to taste.

## **Prepare Your Cooked Filling**

1. Slice your **Cooked Filling's Onions**, dice your *Garlic* and debone your chicken before cutting it into strips.
2. For your **Spices**, mix into a bowl your *Chilli Flakes, Paprika & Parsley*.
3. Place your pan back onto your stove top & set it to **medium heat** before pouring in **20 g (1.5 Tbsp / 0.7 oz) Vegetable Oil**.
4. Cook your *Onions* for **4 minutes**, stirring intermittently.
5. Add in your chicken strips as well as **10 g ( $\frac{2}{3}$  Tbsp / 0.3)** of *Vegetable Oil* & let that cook for **4 minutes**.
6. Add your diced *Garlic* and continue cooking for **2 minutes**.
7. Pour in your *Tomato Paste, Water & Spice Mix* before adding *Salt & Pepper to taste*.
8. Thoroughly stir and let your pan simmer for **1 final minute** before removing it from the heat.

## **Assemble your Burritos**

1. Take one of your *Tortillas* & apply a generous but small *circular layer* of *Guacamole* near its base - the area in which you will place the remainder of your filling.
2. Add a generous amount of your *Tomato Chicken Filling* as well as your *Uncooked Vegetable Mix on top*.
3. Wrap your Burrito - Fold the two rear sides of your *Tortilla* at an *angle* over your Filling.
4. Begin rolling the wrap by pulling the rear side at the **centre of those folds** over.
5. Then, fold both of the remaining **front sides** at an angle towards the centre and then continue rolling the burrito from the back until it is fully enclosed.
6. *Repeat steps 1 - 5* with all remaining Burritos.



**ENJOY!**