

Carnivore Tortillas



Serves 3 (9-10 tortillas)

Active Time: 25 minutes **Total Time:** 35 minutes

Ingredients:

1 boneless, skinless chicken breast (5 ounces) (see tip)

3 large or 4 small egg whites

2 large whole eggs

1 teaspoon fine salt

1 – 2 tablespoons tallow

Directions:

Place the chicken in a medium pot and add enough water to cover. Bring to a boil. Reduce the heat and simmer, covered, until the chicken is no longer pink, about 10 minutes. Remove the chicken and let cool. Discard the cooking liquid.

Cut or shred the chicken into chunks. In a blender or food processor, combine the chicken, egg whites, whole eggs, and salt. Cover and blend or process until smooth. The batter should be similar to a thin pancake batter.

Make the tortillas: Heat a griddle or a large frying pan over medium-high heat and lightly grease with about ½ teaspoon tallow. Reduce the heat to low. For each tortilla, add 2 tablespoons batter to the griddle and use the back of the spoon to gently spread the batter into a circle, 5 ½ to 6 inches in diameter (about the size of a street taco). Cook the tortillas until almost done, about 2 ½ minutes before flipping. To flip, carefully nudge one side of the tortilla with a spatula; if the tortilla does not easily lift onto the spatula, wait 30 seconds, and try to flip again. Cook the second side for about 1 ½ minutes, until lightly cooked through. Transfer to a plate and keep warm while cooking the remaining tortillas. Before cooking a second batch, turn off the heat and allow the griddle to cool for 1 minute. If the pan is too hot, the batter will not spread into a circle well.

Store any leftovers tightly covered in the refrigerator for up to 4 days.

Tip: You may skip a step and use precooked chicken to make the tortillas. You'll need 4 ounces of cooked light or dark meat (or a mix of both).

Tip: Double your tortilla batch! Double or triple the tortilla recipe to make enough tortillas for the next few weeks. If frozen, leave the tortillas in the fridge for a few hours to thaw.

Tip: If you are using an electric stove, remove the griddle from the heat between batches to allow the pan to cool.

Substitution: In place of the tallow, you may use lard, butter, or ghee.