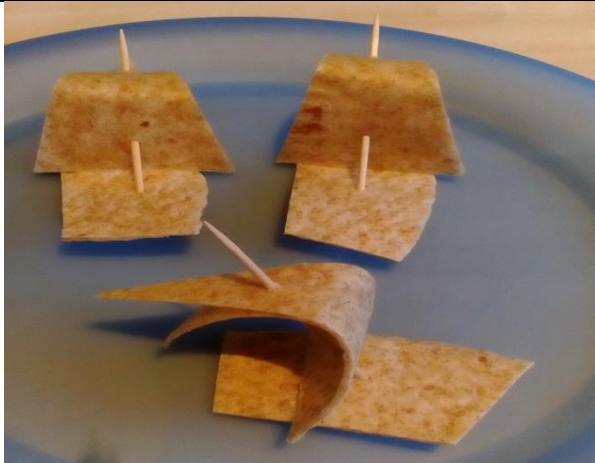


## Homemade Baked Tortilla Ships

Serves 10 as canapé



Nutritional information per 30g portion :

calories	fat	saturates	sugars	salt
106 cal	3.3g	0.4g	0.3g	0.7g
5%	5%	2%	0%	12%

Making these tortilla chips yourself is so much more satisfying than shop bought ones ... and you can control the amount of oil and salt you add on! A must have to serve guacamole and salsas with.

### Equipment

- Apron
- Sharp Knives
- Cutting Board
- Bowl
- Pastry Brush
- Cocktail sticks
- Baking sheet
- Cooling racks
- Kitchen Timers
- Oven

### Ingredients

- 8 rounds of 8inch corn tortillas
- Vegetable oil
- Sea salt

### Nutrients

Shop bought tortilla chips tend to be high in fats and salts. Making your own allows you to control the amount of salt and oil you add on. If you intend to serve with Salsa and Guacamole, you may want to leave the salt out altogether as there usually tends to be salt in the salsa and guacamole.

### Method

Position a rack in the center of the oven and heat the oven to 400°F.

Use a pastry brush to coat the tortillas with a little oil stacking them as you go. Cut the stack into quarters, then cut the quarters 3 triangles so you should now have 12 triangles. Cut a 2 cm strip off short side of the triangle.

Use a cocktail stick and thread the triangle to look like the sail of a boat and the 2cm piece at the bottom of the stick so that it looks like a boat.

Arrange the triangles in one layer on a baking sheet. Sprinkle them generously with salt if using, but if you are serving it with dips, salsas or guacamole, then no salt is needed.

Bake until the tortillas begin to turn light brown, about 5 minutes but keep a close eye on it as it can easily burn.

Rotate the pan and continue to bake until the chips are crisp and golden brown, 5 minutes more.

Serve warm with dippings of your choice.

Always ask an adult to help you when you are using kitchen equipment like a knife. Why not try making these ships out of other types of breads like wraps ; thinly sliced toasts ; flat breads. You can make lots of different types of shapes ... what would you like to try and shape?

Skills learnt today: You have cut; used maths to divide equally ; brushed ; shaped ; skewered ; baked

