

## Spanish Olive Oil Tortas with Orange and Anise



### Makes:

Approximately 8 servings

### Utensil:

Saladmaster Food Processor

Flatbread Pan

small mixing bowl

medium mixing bowl

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### Recipe:

### Contributed By:

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### Recipe Description:

*Tortas de Aceite* are Spanish olive oil flatbreads. These hand-flattened tortas are made by local women in Seville, Spain where they have been made since 1910. Delicious, fruity Spanish olive oil with a variety of flavorings from: sweet, aniseed, lemon, orange and cinnamon to savory herbs; give these flaky flatbreads distinct flavor profiles. Tortas can be topped with a sprinkling of sugar, crushed almonds or left plain. Either way these are delicious as a light snack with coffee, tea, or glass of wine or champagne.

2 ½ cups  
all-purpose unbleached flour  
(395 g)  
½ teaspoon  
natural salt, fine  
(3 g)  
2 teaspoons  
aniseed  
(4 g)  
1 teaspoon  
orange zest, shredded, use Cone #1  
(2 g)  
6 tablespoons  
fruity olive oil  
(90 mL)  
1 cup  
water, room temperature  
(240

mL)  
3 tablespoons  
sugar  
(38  
g)  
2 ¼ teaspoons  
active dry yeast  
(9  
g)  
powdered sugar, sprinkle on top, optional

#### Directions:

1. Place flour, salt, anise and orange zest in bowl and whisk to combine.
2. In a small bowl combine, olive oil, water and sugar. Sprinkle yeast on top of mixture and let rest until yeast bubbles and activates, approximately 5 minutes.
3. Make a well in center of flour mixture, pour in wet mixture and stir to combine. Stir thoroughly until mixture starts to come together and form a ball.
4. Transfer dough to lightly floured surface and knead until smooth and soft. This dough comes together very easily. Cover dough with clean cloth and let rest for 30 minutes.
5. Divide dough in to 8 even pieces and roll dough in to thin 8-inch (20.3 cm) rounds, lightly flouring if necessary to prevent sticking. Roll out the remainder of dough in same manner.
6. Preheat pan over low heat. When several drops of water sprinkled on pan skitter and dissipate, place 1 dough-round on pan. Cook torta over low heat for 3 - 5 minutes, shaking pan occasionally to prevent sticking and for even browning. Turn torta over with metal turner and cook for an additional 3 - 5 minutes until browned.
7. Place cooked torta on wire rack to cool and sprinkle tops with powdered sugar.

#### Tips:

- Serve torta with fruit, cheese and nut platter.
- Substitute lemon zest for orange zest.
- Spread torta with soft goat cheese and honey, or chutney.
- Serve torta with ice cream, custard or sorbet

#### Nutritional Information per

##### ▼ Serving

**Calories:** 255  
**Total Fat:** 11g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 148mg  
**Total** 35g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 5g  
**Protein:** 5g