

Whole Wheat Flour Tortillas

Soft and delicious homemade whole wheat flour tortillas, perfect for fajitas or soft tacos!

Yield:

about 1 dozen (8-inch) tortillas

Ingredients:

3 cups whole wheat flour*

1 teaspoon baking powder

1 teaspoon salt

2 tablespoons shortening**

1+ cup hot water (enough to make a workable dough, as hot as you can stand to touch)

Instructions:

1.
In a large mixing bowl, whisk together the flour, baking powder, and salt. Add the shortening and mix with a fork or pastry blender until incorporated into small crumbs.
2. Add hot water, stirring to make a thick dough. Knead with hands until a smooth, not-too-sticky dough forms.
3. Separate dough into balls about 2 1/2 inches in diameter. Allow balls of dough to rest on the counter, covered with a clean towel, for a few minutes.
4. Using heavy skillets (like cast iron) or a griddle, have two burners heating – one at a medium-low temperature and one at a medium-high temperature. Roll each ball into an 8-inch circle. (Use a

little flour during rolling if necessary.)

5. To cook tortillas, first use the lower temperature burner to heat the tortilla on both sides, until tortilla is cooked but not browned.

Then, move the tortilla to the hotter burner and cook for a couple more minutes, until both sides are browned and tortilla is hot.***

6. Stack tortillas under clean towels to keep them warm as you finish cooking the rest of the tortillas.

Tortillas will be somewhat thick, and great for fajitas, soft tacos, or served for breakfast filled with eggs and toppings (cilantro, jalapenos, tomatoes, green onions, leftover fajita meat, etc.).

Leftover tortillas should be stored in an air-tight bag or container, and can be re-warmed in the microwave or oven (wrapped in foil).



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This recipe is from Tammy's Recipes.