

Whole Wheat Flour Tortillas

Ingredients:

- 4 cups whole wheat flour ([I use white whole wheat](#))
- 3 tsp baking powder
- 2 tsp sea salt
- 2 tbsp butter, melted
- 1 1/2 cups warm water

Directions:

1. In a mixing bowl, combine flour, baking powder and salt.
2. In a small bowl, mix melted butter and warm water.
3. With a fork, gradually stir water and butter mixture into the flour mixture by adding 1/4 cup of water mixture at a time.
4. Once all the water is added and absorbed, your dough should look something like this. It will be sticky.
5. Pull dough onto a floured surface and knead, adding flour as needed to keep it from sticking to your hands and surface, for about 5 - 6 minutes, or until smooth, and then place dough back into the bowl.
6. Cover and let dough rest for 30 minutes.
7. Place dough on a cutting board and using a sharp knife cut the dough into halves until you have 16 equal pieces.
8. Roll each piece into a ball and allow them to rest for about 10 minutes.
9. On a floured surface roll tortillas thin to about a 7 inch circle. I find that using a wooden cutting board works best to keep mine from sticking. Also be sure to sprinkle plenty of flour on the board.

As far as the cooking goes, you have two options here:

Set up an assembly line to roll out a tortilla, place it in the pan, and as it cooks, roll out the next one and so forth....

The second option is to roll out all the tortillas at once, and then cook them all. You might find this method easier if you're just starting out and trying to the hang of it, or if you're just not feeling really energetic :-). Be sure to place a damp paper towel or a piece of wax paper between each tortilla to keep them from sticking together as you roll them out.

10. Cook the tortillas on medium to medium-high heat, preferably in a preheated cast iron skillet, or a large nonstick pan for about 20 - 30 seconds max on each side. Overcooking the tortillas will cause them to lose their elasticity and break. Yes, bubbling is okay.

11. Place the cooked tortillas on a plate with one towel underneath and another on top to keep tortillas warm and to keep them soft.

Yield : 16 Tortillas