



Whole Wheat Tortillas

Yield: 8 x 20cm (8") tortillas

Preparation Time: 40 minutes (Including resting time)

Cooking Time: about 10 minutes

| Ingredients: | Equipment: |
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| <ul style="list-style-type: none"> • 1 cup (250mL) all-purpose flour • 1 cup (250mL) whole wheat flour • 1 1/2 tsp (7mL) of baking powder • 1 tsp (5mL) of salt • 2 tsp (10mL) of vegetable oil • 3/4 cup (175mL) of warm water • extra flour for rolling the dough | <ul style="list-style-type: none"> • large bowl • measuring cups and spoons • pastry scraper ((A.K.A. "Fred")) • spatula • plate • rolling pin or tortilla press • frying pan |

Method:

1. Mix together the flours, baking powder, salt and oil.
2. Slowly add the warm water while stirring until a loose, sticky ball is formed.
3. Knead for around two minutes on a floured surface. Dough should be firm and soft.
4. Place dough in a bowl and cover with cloth or plastic wrap and let rest for 20 minutes.
5. After the dough has rested, cut into 8 equal pieces with a pastry scraper. Roll dough into balls in your hands, place on a plate (make sure they aren't touching) and then cover balls with damp cloth or plastic wrap and let dough rest again 10 minutes. (It's very important to let the dough rest, otherwise it will be like an elastic band and won't roll out to a proper thickness and shape.)
6. After dough has rested, one at a time, place a dough ball on a floured surface, pat it out into a four-inch circle, and then roll with a rolling pin from

- the center until about the size of a dinner plate. Don't over work the dough. Keep rolled-out tortillas covered until ready to cook.
7. In a dry frying pan, cook the tortilla about thirty seconds on each side. It should start to puff a bit when it's done. Keep cooked tortillas covered wrapped in a napkin until ready to eat.
 8. Can be reheated in a dry frying pan or in the oven, wrapped in foil.