

Whole Wheat Flour Tortillas

2 c. all-purpose flour
3 c. whole wheat flour
½ c. shortening
2 tsp. salt
1 ½ c. boiling water
all-purpose flour for rolling

In a mixing bowl, mix 2 c. all-purpose flour, the whole wheat flour and salt. Add shortening and mix until the mixture is the texture of small peas. Add boiling water all at once and mix until water is just absorbed. Remove dough from mixing bowl and sprinkle with a bit of additional flour. Knead dough until it no longer sticks to your fingers. Dough should be smooth.

Make balls the size of golf balls, about 2 ounces each. You should have around 14 when you are done. Place them under a slightly damp cloth and rest for about 10 min while your griddle or cast iron pan is heating up. (I prefer a cast iron pan since it gets hotter and it retains heat well). Roll out each ball into a tortilla shape to your preferred thinness. I like them thin and the size of a burrito wrap. Fry one at a time in an ungreased pan for about 10 seconds on each side. As soon as you see bubbles on the top, then it is time to flip the tortilla and cook on the other side. Roll out another tortilla while the first one is cooking so you always have another ready to put in the pan when the first one is removed from cooking pan. Put cooked tortillas in a tortilla warmer or on a plate covered with a towel until served. Tortillas can be refrigerated or frozen in a large ziplock bag. Makes about 14 tortillas.

These tortillas are great to use as a wrap for breakfast, lunch or dinner. We eat these as a side for soups as well! ☺

-Jennifer Reynolds

Whole Wheat Tortillas:



Tortilla Warmer:

http://www.bedbathandbeyond.com/product.asp?order_num=-1&SKU=11401465