

Flour Tortilla



Makes:

8 6-inch (15.2 cm) round tortillas

Utensil:

Flatbread Pan
medium mixing bowl

Rate ★★★★★

Recipe:

Contributed By:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
[Write a Review](#)

Recipe Description:

Flour tortillas are commonly used in Northern Mexico and have broadened their appeal to include many countries around the world.

3 cups
unbleached all-purpose flour
(375 g)
1 teaspoon
baking powder
(5 g)
1 teaspoon
natural salt
(6 g)
 $\frac{1}{3}$ cup
vegetable oil
(80 mL)
 $\frac{3}{4}$ cup
warm water
(180 mL)

Directions:

1. Combine flour, baking powder and salt in a mixing bowl.
2. Add oil and water to flour mixture and stir until dough begins to form a ball.
3. Place dough on clean, lightly floured work surface and knead thoroughly until dough is smooth and soft.
4. Divide dough in 4 pieces and each quarter in 2, for a total of 8 pieces. Form each piece of dough in to a ball and lightly

- flatten with your hand in to a disk. Lightly flour hands and work surface to prevent sticking as needed.
5. Cover flattened dough pieces with a clean kitchen towel and let dough rest for 20 - 30 minutes.
 6. After dough has rested, roll each piece of dough in to 6-inch (15.2 cm) rounds, lightly flouring work surface and rolling pin as needed. Don't worry if your tortillas are not perfectly round.
 7. Heat pan over medium-low heat. When several drops of water sprinkled on pan skitter and dissipate, add tortillas (one at a time) and cook for approximately 1 minute or until it has a few very pale brown spots on the underside. Do not let tortilla brown too quickly or it will get crispy. Flip tortilla and very gently press down with metal spatula to release air bubbles. Cook for an additional 30 seconds to 1 minute.
 8. Remove tortilla from pan and stack in a covered container or wrapped in a clean kitchen cloth to keep warm and pliable.
 9. Serve tortillas warm or store in a sealed container or plastic bag until ready to use.

Tips:

- Substitute vegetable oil for un-hydrogenated vegetable shortening or lard (which is the traditional fat that is used in authentic tortilla recipes).
- Dough can be mixed and kneaded in a standing mixer.
- Substitute whole wheat flour for all-purpose flour.
- Serve tortillas warm with cheese, refried beans, avocado, grilled meats or eggs.
- Use flour tortillas to make fajitas or burritos.
- Flour tortillas can easily be reheated using the 7 Qt. (6.6 L) Roaster, cover, and 6 Qt. (5.6 L) Culinary Basket. Place water in bottom of roaster, insert culinary basket and bring to a boil, turn heat to lowest possible setting, and add tortillas to culinary basket.

Nutritional Information per

▼ Serving

Calories: 251
Total Fat: 10g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 353mg
Total 36g
Carbs:
Dietary Fiber: 1g
Sugar: 0g
Protein: 5g