

Whole Wheat Tortillas

by Helen Gunderson

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I ground red, spring wheat berries —also known as hard, red wheat—grown by the Dahl family of rural Rolfe, Iowa, and distributed by Paul's Grains of rural Laurel, Iowa, in my grain mill.

Single recipe

3 cups wheat flour
1 tablespoon gluten
1 cup warm water
1/4 tsp. baking powder
1 tsp. salt
1/4+ cup oil

Double recipe

6 cups wheat flour
2 tablespoons gluten
2 cups warm water
1/2 tsp. baking powder
2 tsp. salt
1/2+ cup oil

1. Measure liquid ingredients into a mixing bowl.
2. Add baking powder and salt, kneading in the flour until the dough is workable but not too stiff. *The original recipe says that you may need to add some more flour. But I didn't have to add any extra.*
3. Let stand 10 minutes.
4. Shape into balls that are bigger than a golf ball and smaller than a tennis ball. *For consistency, I weighed the dough for each ball. I forget the exact numbers, but I think that balls weighing 3 1/2 ounces worked the best, and I got 12 tortillas that were each about 7 inches in diameter and 1/8th inch thick.*
5. Let stand 10 more minutes. Form a flat circle. *I used a tortilla press for the first phase of flattening, then used a rolling pin.*
6. Bake on a lightly greased griddle till done (not browned). Toast for about 30 seconds per side.

Most of my tortillas were not pliable like commercial ones that can easily be rolled around other food. But they are probably perfect for layers in making chicken tortilla casserole. Also, I froze several, and they became pliable when I heated them in the microwave.

The original recipe is at:

<http://www.passionatehomemaking.com/2008/04/whole-wheat-tortillas.html>

The original recipe did not use extra gluten, but I added it since I was using spring, red wheat.

I am also interested in trying the chapatis recipe in the *New Laurel's Kitchen* cook book published in 1986. It says that chapatis are the North Indian version of tortillas. The ingredients are 3 cups whole wheat flour, 1 teaspoon salt, and 1 1/2 cups warm water. Also, the instructions suggest using a cloth to press on the top of the bread as it cooks to help the chapati form steam pockets.