

Flour Tortillas

Ingredients:

2½ cups unbleached all-purpose flour
(may use half whole wheat flour)
1 teaspoon salt
1 teaspoon baking powder
1 to 1¼ cups warm water (105 °F)
2 tablespoons vegetable oil

Preparation Time: 30 minutes
Baking Time: 1½ to 2 minutes
Makes: 8 tortillas
Serving: 1 tortilla

Directions:

1. Combine flour, salt and baking powder in large mixing bowl.
2. Add warm water and oil to flour mixture. Stir until mixture is blended and sticks together. If dough is too sticky, add small sprinkles of flour. Knead dough lightly to form a smooth dough ball. If dough is dry, add small sprinkles of water.
3. Divide dough into eight pieces; shape each dough piece into a ball. Let rest covered or in plastic bag for 15 to 20 minutes or refrigerate overnight.
4. Flatten each ball into a thin circle about 8 to 10 inches across using a rolling pin or hands.
5. Heat griddle or skillet to medium hot. Bake each tortilla about 1½ to 2 minutes per side or until lightly browned.

Baker's Tip: Tortilla will have brown speckled spots. Stack, cover and keep warm.

Family Activity:

What is your favorite bread?
Let every family member name their favorite. (Answers may include pancakes, tortillas, crackers, raisin bread, sliced bread or buns, muffins, bagels, pita, flat bread...)

Nutrition Facts (1 serving/44g)

Calories: 174, Protein: 4g, Carbohydrates: 30g, Dietary Fiber: 1g, Fat: 3g,
Saturated Fat: 1g, Mono Fat: 2g, Poly Fat: 2g, Calcium: 18mg,
Potassium: 41mg, Sodium: 365mg

Fun Fact:

Tortillas are the cornerstone of the Mexican diet—morning, noon and night. In Mexico, corn tortillas are most commonly eaten. In the U.S., the flour tortilla is the most popular variety.

Vocabulary:

Baker's Dozen:

thirteen items. In feudal times, bakers provided an extra item so the hungry servant who received the court's bread would not be tempted to steal; making the order "short."