

Whole Wheat Tortillas

Ingredients

1 1/2 (one and one-half) cups whole wheat pastry flour
1/2 (one-half) teaspoon baking powder
1/8 teaspoon salt
2 Tablespoons olive oil
2 cups ice water

Method

In a mixing bowl combine flour, baking powder and salt. Stir until mixed well. Drizzle oil over flour mixture and stir. Slowly add ice water until a soft dough is formed. Shape into two-inch balls and place on a lightly oiled cookie sheet. Cover with plastic wrap and chill for one hour or until you are ready to make tortillas. Heat an un-oiled heavy griddle over medium heat. While griddle is heating, roll out some tortillas. On a floured board roll each ball as thin as possible while forming a six to eight inch circle. Cook each tortilla about thirty seconds to one minute on each side. They should puff slightly when done. These should not become brown or crisp. Yields one dozen.