

Spelt Tortillas

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Yield: 8 tortillas.

Ingredients

- 1 cup all-purpose flour
- 1 cup spelt flour
- 1 1/2 teaspoons salt
- 1/2 cup warm water (a bit more if using King Arthur flour)
- 1/4 cup oil

Directions

1. In a large bowl, combine flours and salt.
2. Stir in water and oil.
3. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough.
4. Let rest for 15 minutes.
5. Divide dough into eight portions.
6. On a lightly floured surface, roll each portion into a 7-in. circle.
7. In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned.
8. Keep warm.

Notes

- Doubling the batch works better for a full batch of spinach wraps... Make the tortillas larger and roll not quite as thin, cook gently so that they are still pliable (original recipe was a direct update to my mom's flour tortilla recipe).

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