

## **Tortillas by Food Storage Moms**

### **How to Make 100% Whole Wheat Tortillas**

Ingredients:

6 cups freshly ground whole wheat ( I use HARD white wheat)

2 Tsp. sugar

2 Tsp. salt

1 Tsp. baking powder

Mix all together and then slowly add 2 cups warm water and 2/3 cup olive oil

Instructions

Place all the ingredients into a medium size bowl and blend together. Begin kneading for about 5-6 minutes. Immediately form into balls. Cover with greased plastic wrap. Let dough rest 30 minutes. This recipe makes between 18-24 tortillas (depending on the ball size). You can roll them out by hand or use a tortilla press. Cook the tortillas on both sides until cooked as desired on a hot griddle or a tortilla cooker.

### **How to Make Corn Tortillas:**

Ingredients:

2-1/2 to 3 Cups Maseca (Mexican corn flour)

1 Tsp. Chili powder

½ Tsp. Garlic salt

3 Cups Warm Buttermilk

Instructions:

Combine dry ingredients (start with 2-1/2 cups Maseca) then warm buttermilk and add to mixture. Mix by hand until everything is wet. Cover and let sit 10-15 minutes. Knead lightly and add Maseca until a finger pressed into the dough ball comes out mostly clean. Make two-inch balls with the dough. Press, heat, and serve!

# Spinach Whole Wheat Tortillas:

## Ingredients:

5 cups raw packed and chopped spinach

1 tablespoon water

Cook Spinach in water-stirring occasionally-until wilted-5 minutes- do not drain. Cool slightly.

In a mixing bowl combine the following-stir until crumbly-I used a pie crust cutter, shown below.

2+ cups freshly ground whole wheat flour

2 teaspoons sugar

½ teaspoon sea salt and a dash of pepper

¼ cup olive oil

## Instructions

Combine the spinach and crumbly mixture. Begin kneading for about 5-6 minutes. Immediately form into balls. Cover with greased plastic wrap, let rest 30 minutes.

After 30 minutes or so start flattening the 2-inch balls and sprinkle with water if you need to if the balls/patties start to dry out.

Okay, you are now ready to “press and release”, “press and release”, etc. with the tortilla baker machine. You turn the tortillas a ½ circle a few times. You cook the tortillas with the lid open with the machine I have. You can close the lid but sometimes they dry out and then they are too crispy. I like moist, soft tortillas. This recipe makes between 8-10 tortillas (depending on the ball size).

You can roll them out by hand or use a tortilla press. You cook them until they are cooked the way you like them. I like mine golden brown.