

# Tortillas, Flour

This is my style of tortilla, one made from fresh milled flour, extra virgin olive oil, and water instead of milk.

## Ingredients

- 168 g wheat berries, hard
- 168 g wheat berries, soft
- 7 g sea salt
- 10 g baking powder
- 30 g extra virgin olive oil
- 241 g water (HOT water)

## Directions

1. Mill the grains into fine flour.
2. Add sea salt and baking powder, and mix together so everything is evenly distributed.
3. Pour HOT water into the flour mixture, followed by the extra virgin olive oil.
4. Mix together until well incorporated. I used a danish dough whisk.
5. Cover tightly and let rest at least 30 minutes.

### SCALING AND SHAPING:

7. Divide into 8 equal dough balls. I eyeballed it by forming a square and dividing into quarters, then divide each quarter in half. Roll into balls.
8. Let the dough rest another 15 minutes before rolling out into thin 9 - 10 inch circles.
9. Heat a skillet or comal to 450 F. Cook each one for about 20 second on one side, flip, and a few seconds later flip it back over again. Cook for about a minute total before removing from the skillet.
10. Keep tortillas on a plate or something covered with a towel, so the steam stays in them, and keeps them soft.

## Notes

I used my Digital electric tea kettle for the hot water. I used the Delicate setting (160 F).

[Hamilton Beach 1.7L Electric Tea Kettle](#)

Other tools that can be helpful:

[Wooden Rolling Pin](#)

[Parchment sheets unbleached](#)

[Hamilton Beach Cast Iron electric griddle](#)

I use the electric griddle so I can have consistent heat and it's easy to clean.

A note on puffing up:

My tortillas did not puff up like some do, but they are flexible and delicious. I also used them to make cinnamon sugar breakfast cereal. So good!

I've made this recipe with 50 g olive oil and 250 g hot water and they were so wonderful! Easier to remember too.