



100% Spelt Tortillas

We swap out the grains for these spelt tortillas, and I split up how I did the batch halfway through. The first half doesn't use leavening, and the second half used just a tiny sprinkle of baking soda kneaded into the dough. Both delicious with different results.

Ingredients

- 350 g wheat berries, Spelt
- 7 g sea salt
- 5 g baking soda (optional)
- 45 g extra virgin olive oil
- 245 g water (HOT water)

Directions

1. Mill the grains into fine flour.
2. Add sea salt and baking soda (if using), and mix together so everything is evenly distributed.
3. Pour in olive oil and mix well into the flour until sandy.
4. Add the hot water.
5. Mix together until well incorporated. I used a danish dough whisk, but a spoon or spatula will work fine.
6. Cover tightly and let rest at least 30 minutes.

SCALING AND SHAPING:

8. 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.
9. Let the dough rest another 15 minutes before rolling out into thin 9 - 10 inch circles.
10. 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.
11. Keep tortillas on a plate or something covered with a towel, so the steam stays in them, and keeps them soft.

Notes

Spelt absorbs less liquid than hard wheat but more than soft wheat, so this recipe did surprisingly well with similar amounts of water and oil.