Wheat Tortillas

Recipe Source: Adapted from an original by Esther Nelson

Make these Mexican flat breads as thin as possible so they cook really quickly and get really crisp — you’ll be surprised at how they bubble up in the pan.

Season: All
Type: Basics & Breads
Difficulty: Easy
Serves: 30 tastes in the classroom or 6 serves at home

Equipment:
- metric scales, cups and spoons
- large bowl
- heavy-based frying pan

Ingredients:
- 450 g plain flour
- 1 tablespoon butter
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup warm water

What to do:
- Mix together the flour, baking powder and salt in large bowl. Rub in butter to resemble texture of polenta. Add water slowly, mixing with your hands to make a soft dough. You may not need all the water, but add a little if the dough seems too dry.
- Knead a few minutes on floured surface until smooth and elastic. Lubricate top with oil, put back in bowl and let rest, covered for 10 minutes.
- Divide into small balls the size of golf balls and proceed to roll out into a 10 cm circle, about 1 mm thick. (Ensure you make enough for all diners to have at least half a tortilla.)
- Cook in dry heavy frying pan until top is slightly bubbly then turning on opposite side for a minute or two. Keep stacked and warm inside a clean tea towel.