From Scratch Toolkit © SRS

Tutorial

How To Make Flour Tortillas

You will need

3 cups flour (I like to use half all-purpose and half whole wheat)
2 teaspoons baking powder
1 teaspoon salt
½ cup butter
1 cup warm to hot water (hot enough to soften the butter)

Combine flour, baking powder, and salt. Then incorporate butter with your fingers. I like to cut the butter into small cubes.
Add water a little at a time. You may need to add less than a cup if the flour is already moist or a little more if your flour is dry. Make sure you incorporate the butter before adding a lot more water.

Knead the dough for 10 minutes.

Divide the dough into 12 to 14 dough balls (you can refrigerate or freeze the dough balls at this point for “make-ahead meals”) and let rest for 10 to 15 minutes.

Roll out dough into tortillas. The dough should be paper thin but not lose its shape when transferred to another surface. (You can refrigerate or freeze the raw tortillas at this point for “make-ahead meals”)

Cook in a pan over medium heat until bubbles form (30 seconds to 1 minute). Flip and cook the other side for about 30 seconds.

Wrap in a towel to keep warm until ready to eat.
Hi, I'm Jennifer from Self Reliant School. I've been scratch cooking for over 30 years, and my husband and I teach growing your own food, cooking from scratch and preserving online.

This information will help you cook from scratch on a consistent basis and help you put food that is not filled with preservatives and chemicals on your table.

Want More?

Are you hooked on cooking from scratch and being a from scratch cook? If you’ve read this far chances are you’ve fallen in love with cooking with whole foods to keep you and your family healthy.

You can find these things and more inside the Self Reliant School membership. I’ll see you inside!