My Global Kitchens

Flour Flatbread / Tortillas

Makes 8 nice sized tortillas

Ingredients

- 10 ½ ounces flour or 300 grams of flour (use your scale)
- 1/2 tsp fine sea salt
- ¾ teaspoon baking powder
- 3 Tbsp oil
- 3/4 c room temperature water

Instructions

Sift together flour, salt and baking powder. In a separate bowl, mix together oil and water. Right after mixing oil and water together - pour into dry ingredients and incorporate. Sometimes you have to add a few more drops of water or a bit more flour to have the consistency soft and pliable - it should not be dried out, it is more on the sticky side.

Knead the dough for 15 seconds. Form into eight equal sized balls - I do weigh the mass of dough then keep each dough ball equal size. Let the smooth balls of dough sit on the counter for 30 minutes.

Very lightly flour the counter or pastry mat and pat each dough ball into a 4-inch circle. Let the discs of dough rest again, and one by one roll them out to seven inches in diameter. My silicone mat works well for this. Meanwhile, preheat a 12" cast iron fry pan on medium low. To tell if it is ready, spritz a few drops of water into the pan and the water should sizzle.

I prick the dough with a fork about seven times around the border and inside. Carefully place the rolled out dough inside the seasoned skillet for one minute, turn with tongs and prick the second side. I place the cooked tortillas on a plate, and top each with a small square of foil or parchment so I can stack the tortillas. I then cover the plate with a couple of dish towels and a towel to keep them warmish for a while. And I have a paper towel with some oil ready to smear on the pan if it starts to look dry where the tortillas are cooking.

Leftovers can be refrigerated and reheated briefly for up to three days. I use mine for wrapping dressed salads, or I stuff them with egg or tuna salad or use them flat to melt cheese then top with tomato. They are great with refried beans and cheese as well. Some use these for nutella and sliced bananas, much like a crepe.