



Whole Wheat Tortillas for Patwin/Sonora

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Recipe makes 105 Tortillas, 35g (6 inch)

Whole Wheat Tortillas - YouTube video:

<https://youtu.be/R9Nko-KVWLO>

Formula

Ingredients	%	Grams
Whole Wheat Flour	100.0	2114.4
Hot Water	57.5	1215.8
Olive oil	15	317.2
Salt	1.25	26.4
Baking Powder	0.7	14.8

Instructions

1. Weigh out the whole wheat flour, salt and baking powder and whisk together in a bowl.
2. Pour the dry ingredients and olive oil into a mixer and mix until it resembles coarse sand.
3. With the mixer on low add in the hot water slowly until a dough begins to form.
Depending on the flour used, more water may be required. Have some hot water on hand in case it's needed.
4. Continue mixing on low to medium speed to moderately develop the gluten. As it's mixing the dough will become smoother and more extensible. To test if the dough is done, take a small portion and gently stretch it between your fingers. The dough should stretch easily and not tear but it should not be seen through which indicates full gluten development.
5. Once done mixing, place the dough in a bowl and cover to prevent it from drying. Let it rest for 20 minutes. This rest time allows the dough to relax and makes it easier to handle.
6. After the dough has rested, divide it into 35g portions and roll into small balls. Cover them and allow them to rest for an additional 35 minutes.
7. Heat up a pan on medium heat.



8. While the pan heats up, take a dough ball and begin rolling it out until a diameter of 6-7in. is reached. Work by rolling and then turning the dough piece at a 90 degrees to maintain a round shape. The tortilla should be fairly thin. Avoid using dusting flour as much as possible as it might cause the tortilla to become too stiff when cooking. Use a bit of oil instead. If using a tortilla press, heat up the press and lightly oil the top and bottom. Place the dough ball in the center and pull down to reach the desired thickness.
9. Take the tortilla and place it on the hot pan and allow it to cook for 15-20 seconds. When cooking, you should see small air pockets forming across your dough. Turn the tortilla over and cook it for 15-20 seconds. Larger air pockets should form causing the tortilla to balloon.
10. Once the tortilla is fully cooked, remove from heat and place it in a cloth towel and cover it to keep it warm and prevent it from drying while you work on making the rest of the tortillas.

Serving Size (g) (6 inch)*	35.0
Calories (g)	95
Total Fat (g)	3
Saturated Fat (g)	0.5
Trans Fat (g)	0.00
Cholesterol (g)	0.00
Sodium (g)	0.09
Total Carbs (g)	13
Dietary Fiber (g)	3
Sugars (g)	0.00
Net Carbs (g)	11
Protein (g)	2.5

***Note: the nutrition facts are estimates based on the CWC's database.**

Youtube video of this recipe: <https://www.youtube.com/watch?v=R9Nko-KVWL0>



Ounce Equivalents of grains in this recipe:

1. Using our total whole wheat flour = 2114.4 grams of creditable grains
2. Amount of creditable grains per serving:

2114.4 grams of creditable grains ÷ **105** servings =

20.14 grams of creditable grains per serving

3. The following tells you how many ounces equivalent of grains are in each serving:

20.14 grams of creditable grains per serving ÷ **16** grams =

1.25 oz eq of grains per serving

TWO servings of tortillas provide 2.5 oz eq of grains