



Mexican Whole Wheat Flour Tortillas

Oscar · 28/09/2024



Prep Time

1 hr 20 mins

Difficult

Medium

Servings

1 hr 36 mins

Description

I learned this recipe from watching my mom in Mexico however nobody not even my mom knows how much of every ingredient you are supposed to use so I experimented with different amounts of ingredients and came up with this one which is pretty good and not so loaded with fat This is great to do with kids on the weekend and something you can enjoy anytime

Ingredients

— - 1 cup all-purpose flour - 4 cups whole wheat bread flour - ½ cup shortening - 2 teaspoons salt - 1 ½ cups boiling water - all-purpose flour for rolling

Instructions

1. In a large bowl
2. stir together 1 cup all-purpose flour
3. the whole wheat flour
4. and salt. Rub in the shortening by hand until the mixture is the texture of oatmeal. Make a well in the center
5. and pour in the boiling water. Mix with a fork until all of the water is evenly incorporated. Sprinkle with a bit of additional flour
6. and knead until the dough does not stick to your fingers. The dough should be smooth. Make balls the size of golf balls
7. about 2 ounces each. Place them on a tray
8. and cover with a cloth. Let stand for at least 1 hour
9. or up to 8 hours. Heat a griddle or large frying pan over high heat. On a lightly floured surface
10. roll out a tortilla to your preferred thinness. Fry one at a time. Place on the griddle for 10 seconds
11. as soon as you see a bubble on the top
12. flip the tortilla over. Let it cook for about 30 seconds
13. then flip and cook the other side for another 30 seconds. Roll out the next tortilla while you wait for that one to cook. Repeat until all of the balls have been cooked. Tortillas can be refrigerated or frozen. Cook's Note
For white Mexican flour tortillas
14. use the same amounts of flour
15. but use white flour only. Another variation is to use 3/4 cup
16. 1 cup
17. or 1 1/4 cups of vegetable shortening or lard. All these amounts work; I have tried them
18. but I like to keep things light. I must say the best-tasting recipe is the one with all white flour and 1 1/4 cups lard
19. of course!