



Unleavened Flour Tortilla

Leviticus 2:4-5

Ingredients

- 2 cups all-purpose flour
- 1/2 teaspoon sea salt
- 3/4 cup water
- 3 tablespoons olive oil

NOTE:

Try using a variation of flour, like 1/2 wheat 1/2 white, etc. to help cut down on shrinkage. Also, we prefer much thinner tortillas, so we made smaller balls to yield 16, and used our tortilla press to make it more circular—what can I say, I cannot get the hang of making it circular using a rolling pin alone. Besides it shrinks anyway, so not worth the extra elbow grease.

SPRING FEAST RECIPE: WEEK OF UNLEAVENED BREAD

Method

In a large bowl, combine flour and salt. Stir in water and oil. Turn onto a floured surface; knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough.

Let rest for 10 minutes.

Divide dough into eight portions. On a lightly floured surface, roll each portion into a 7-inch circle.

In a large nonstick skillet coated with cooking spray, cook tortillas over medium heat for 1 minute on each side or until lightly browned. Keep warm.

They are quite hearty and filling. Have leftovers? Store completely cooled tortillas in sealed Ziploc bag in fridge for up to a week. Use in place of toast. Warm in oven wrapped in foil paper or microwave with damp paper towel as needed.



Kitchen Chat

Other fats work in place of olive oil. Shortening or coconut oil can be used as well. Just cut it into the flour before kneading.

Relax springy, hard-to-roll dough by resting it a few more minutes.

The key to making tender tortillas: keep a keen eye on them and adjust cooking time or temp as needed. If they're too crisp, reduce heat a notch, or stop cooking a few seconds early.

Homemade chips: Cut tortillas into wedges and bake at 350 degrees until crisp. Add a touch of oil and seasonings of your choice.



Read our article "[Truly Unleavened Bread](#)."