

Whole Sonora Wheat Flour Tortillas

The people of India will say: but these tortillas are the same as chapattis.

The American South West and much of Mexico have a strong tradition of wheat flour tortillas. These tortillas were likely originally made from *Sonora* wheat. *Sonora* wheat has light golden colored bran, and the wheat grain is soft enough to be ground to a flour by hand on a metate. Now *Sonora* wheat can be nicely stone ground by electrical power, to whole wheat flour suitable for making flour tortillas. It is now being grown by several farmers in California and beyond and is becoming increasingly available to make a truly authentic South Western whole wheat flour tortilla.

To make tortilla dough with whole *Sonora* wheat flour: the optional olive oil, butter or lard is first rubbed into the flour*. This is followed by warm salty water, just enough to make a firm dough, which can be pressed into a ball. This is stored covered for up to 3 hours and is either used at this point, or kept refrigerated for up to 24 hours more ready for use.

The dough is worked one small piece at a time, enough to make a single tortilla, which traditionally might be 15 inches in diameter; large enough to wrap a burrito. Each dough piece is worked by rolling it out, or pressing in the hand until it is soft and pliable. *The dough does not stretch in the way that hard red wheat dough stretches.* All the effort in producing soft and sheetable dough from *Sonora* wheat flour is by rolling and pressing. Somewhat surprisingly, the dough must be quite stiff initially, so that it can eventually be rolled out into a very thin sheet that has no stickiness.

The tortillas are rolled out very thinly, generally much thinner than for corn tortillas. When rolled by hand into a flat thin disk they are capable of ballooning under a hot broiler. If the dough is sheeted with a pasta-rolling machine, then the rectangular dough pieces are more likely to bubble in many places on the surface when baked. They still make a wrap for food or if well baked, very pleasing crackers can be produced.

Baking time for a rolled out soft tortilla is very short indeed; it takes just 15 seconds and sometimes even less time for each side, in a very hot oven or under a hot broiler. The tortillas can of course be baked on a griddle. Ideally they should be served immediately, while they are soft enough to roll up.

Ingredients for: Whole Sonora Wheat flour Tortillas

Stone ground whole <i>Sonora</i> wheat flour	500 grams	3 cups
Olive oil (optional)	25 grams	1 - 2 tablespoons
Water at 68°C (155°F)	275 grams	1 and 1/8 cups
Salt (optional)	5 - 10 grams	1-2 teaspoons

** In a modern kitchen, any fat or oil can be cut into the flour using a food processor with metal blade, and the salty water can be incorporated in the same way. Also please compare this recipe for flour tortillas with the pasta recipe; in both cases large granules of dough are produced in the food processor. These large granules can then be compressed into a dough.*