

ARTS FOR ALL

Virtual Y Arts: Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Family Culinary Class: Tortillas

Objectives

- Learn how to make homemade tortillas

Supplies/ Materials:

- ☐ Nonstick pan or griddle
- ☐ Mixing bowl and fork or Kitchenaid mixer
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Knife
- ☐ Rolling pin and surface to roll out tortillas
- ☐ Spatula
- ☐ Paper towels
- ☐ Parchment paper



Ingredients

- 2 cups all-purpose flour (or whole wheat flour)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons oil (olive oil, avocado oil or canola oil)
- 3/4 cup warm water

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Preparation

1. In your bowl or Kitchen Aid mixer bowl combine all of the dry ingredients. If using a mixing bowl mix with the fork. If using the Kitchen aid, use the dough hook attachment and mix on a low setting.
2. Bring the mixer up to a medium speed and add the oil and water. Mix until a dough forms. Make sure to stop your mixer and scrape the sides if the ingredients are sticking to the side of the bowl. If mixing by hand, add wet ingredients and mix with the fork until the dough is formed.
3. Transfer your dough to a well- floured board or clean surface. Knead your dough until it is smooth and elastic.
4. Form your dough into a ball and place back into your bowl. Cover with a towel and let the dough rest for 1 hour.
5. Cut your dough into 8 equal wedges. Roll each wedge into a ball.
6. Preheat your nonstick pan or griddle on a medium heat setting.
7. On a well- floured board or surface use your rolling pin to roll out each ball to about a 10in circle. Place your tortillas on parchment paper and stack them until all of your tortillas are rolled out and ready to cook.
8. When your pan is hot and all of your tortillas are ready to cook, place one tortilla on the pan. Don't flip your tortilla until small to medium bubbles form at the top (like pancakes). Cook on the other side for 45-60 seconds or until it is cooked to your preference of texture.
9. Wet a large paper towel and wring out most of the moisture. Microwave the towel for about 10 seconds. Cover your cooked tortillas with the warm damp towel to keep warm and soft. Repeat when necessary.