

# Whole Kernza<sup>®</sup> Tortillas



beth dooley's kitchen



Forever  
Green



**2 cups Kernza flour**

**1/2 tsp salt**

**1/2 tsp baking powder**

**1/4 cup butter, lard or other fat**

**Bacon drippings (optional)**

- In large mixing bowl combine the flour, salt and baking powder.
- Cut in the butter (or butter and lard) using a pastry blender or your hands until mixture is incorporated and coarse, like wet sand.
- Add 3/4 cup warm water and using your hands or a fork, form into a dough, not too sticky and not too dry. If too sticky, add more flour, too dry, add more water.
- Knead the dough on a floured surface for a few minutes until no longer sticky; the dough should feel smooth, elastic and not dry.
- Divide the dough up into 8-10 balls and arrange on a baking sheet.
- Lightly dampen a tea towel with warm water, cover the dough and let rest for 20 minutes.
- Using a rolling pin, shape the flour tortillas into thin round circles about 6" in diameter. (Or use a wax paper lined tortilla press to form.)
- Heat up a cast iron skillet on medium heat. (If you want, you can add a [~small~] amount of bacon drippings to the skillet to cook the tortillas). Cook the tortillas until bubbles form and brown specks appear, about 1 minute. Turn over and cook other side, about another minute.
- Continue cooking all the flour tortillas in the same manner.

Makes 8-10 tortillas