



Flour Tortillas

These make two great snack foods: spread on your favorite game day dips, roll them up and slice for delicious bites of flavor or quarter them and fry in lard or beef tallow for dipping chips.

- 4 cups sprouted wheat flour
- 2 teaspoons sea salt
- ¼ tsp. aluminum-free baking powder
- 2/3 cup natural lard, cold, cut into chunks
- 1 ¼ cups plus 3 tablespoons hot water

Combine flour, salt, and baking powder; stir well. Cut in lard with a pastry blender or fork until mixture resembles coarse meal.

Gradually stir in 1-¼ cups of water, mixing well. Add remaining water one tablespoon at a time only if dough is too dry to handle. Let dough sit on counter, covered, for about an hour before pressing.

Shape dough into 1 ½-inch balls; roll each out on a lightly floured surface into a very thin circle (or use a tortilla press following recommended directions). Circles should be about 6 inches in diameter.

Heat an ungreased iron skillet or griddle to medium heat (about 375 degrees); cook tortillas about 2 minutes on each side or until lightly browned. Pat tortillas lightly with spatula while browning the second side if they puff during cooking.