



### Gluten Free Flour Tortilla's

**Dorothy liked this recipe, they bend and taste good**

( I took half a dozen recipes I found on the Internet and our pre-gluten free favorite from the No-salt, Lowest-sodium international cookbook : Flour Tortilla recipe and mixed them all together to come up with a flour tortilla we love. To make this properly you really want to buy a heavy tortilla press!)

#### **8" tortilla's - Makes 10 to 16 varies by how thin you roll and how big they are**

|                            |                                |
|----------------------------|--------------------------------|
| 1 cups white rice flour    | 1/2 T white wine vinegar       |
| 1/2 cup brown rice flour   | 1/4 cup extra virgin olive oil |
| 1/2 cup Tapioca flour      | 1 tsp lime juice               |
| 1 1/2 teaspoon xanthan gum | 3/4 cups water                 |
| 1/2 tsp onion powder       | 1 tsp baking powder            |
| 2 tsp brown sugar          |                                |



Combine dry ingredients in first column. Add olive oil and vinegar, stir with wooden spoon. Add lime juice Mix in water. When dough cleans side of bowl, stop adding water. Add baking powder and knead about 8 turns to work in baking powder. Form dough into ball and cover with plastic or a cloth.

Let sit 30 min to 2 hours at room temperature Heat flat griddle to 375 to 400 degrees.

Form into a small ball your hand see photo. Dip in flour an place with a little flour on plastic bag cut along its sides so it can lay flat in a tortilla press. Take out of press and roll with rolling pin , be sure to flour so it won't stick. Cook on 1st side for 1 to 2 minutes till has puffy spots, turn and cook on opposite side 1 or 2 minutes. Store in zip lock bags with wax paper between. In refrigerator over night, or freeze for longer.



Cooking on griddle



Rolled out on floured silcon cutting board



Tortilla in tortilla press

<http://www.lincolntent.com/GFCF-Bread.html>