



Hi and welcome! I'm Paola Anna, a wife, a mother and a lover of good food. My passion is to make tasty gluten free food, so that you can love your food again. I have spent nearly my entire life cooking in the kitchen and when I became gluten free it really rocked my world.

That's exactly why I created my blog at www.stayglutenfree.com

If you're like me, it's so hard to come up with gluten free food that doesn't seem or taste gluten free. But my gluten free, allergy free tortilla recipe is just as good as the real thing.

I hope you enjoy this recipe as much as we do. Once you make them send me a message at paola@stayglutenfree.com and let me know how they turn out.



See you in the kitchen,
Paola Anna

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Gluten Free Tortillas

At last a gluten free, allergy free tortilla that tastes delicious. Make them once and you will be hooked.

Course Main Dish

Servings

8-9 TORTILLAS

Prep Time

15 MINUTES

Cook Time

4-5 MINUTES PER SHELL

Ingredients

- 140g (1 cup) Brown rice flour
- 70g (1/2 cup) White rice flour
- 80g (1/2 cup) Arrowroot
- 80g (1/2 cup) Potato starch
- 3 tbsp Sugar
- 2 tsp baking powder
- 1 1/2 tsp Xanthan gum
- 1 tsp salt
- 67g (4 tbsp) Spectrum shortening
- 2 tbsp Canola oil
- 1 cup Cold water



Instructions

1. In medium bowl mix flours, potato starch, arrowroot, sugar, baking powder, xanthan gum, and salt together.

2. Add the shortening, canola oil and 3/4 cup of the cold water.

3. Begin mixing it all together to create a dough.
4. If necessary, very slowly add a little more cold water. You may not need anymore. Be careful not to add too much and make a very wet dough.
5. Once the dough is a nice consistency, divide it into 8-9 portions and roll each one into a smooth ball.

6. Refrigerate dough in covered bowl for 30 minutes.
7. Cut two small pieces of parchment paper and place in between your cast iron tortilla maker.

8. Before you begin making your tortillas, heat skillet on your stovetop slightly below medium heat. I use a granite skillet which I love.
9. Remove the dough balls from the refrigerator and place one the tortilla press in between the parchment paper. Press down to flatten.
10. Make sure not to flatten too thin, you will not be able to pick up the tortilla. This is somewhat trial and error.

11. Once flattened, gently peel the tortilla from the bottom piece of parchment paper and place in heated skillet.

12. Cook for 3-4 minutes, depending on how hot your skillet is, or until you see small bubbling begin.
13. Holding handle, tilt the skillet so that you can grab one end of the tortilla with your fingertips and flip it over to cook the other side.

14. The second side will generally take less time to cook.

15. When the tortilla is done, tilt the skillet again, grab the end of the tortilla and gently fold it over and set it on a dish. You can also place it flat on a dish in between 2 pieces of parchment paper.

16. Repeat process to make desired amount of tortillas.

17. Fill each tortilla. Serve and enjoy!

*My cast iron tortilla press was purchased from Amazon.com

**To trim and smooth the edges of each shell I use a pizza cutter