"We are who we are for much more interesting reasons than our color."  

James Earl Jones

Leader Qs:
Who’s eaten a wrap eating out or at home? Wraps are made with flexible flatbreads—like tortillas, or crepes. It is a sandwich without __ __ __ __ __. (crust; leaks)
What culture brings tortillas to us? (Corn tortillas are most common in Hispanic cultures. Americans use more flour tortillas.)
Crepes (KRAYPS or KREHPS) are also a wrap. Crepe is the French word for pancake. The thin, light crepe may be a main dish or dessert. Have you ever tasted a crepe? They are easy to make too—they use flour, eggs, a little butter and milk.
What do you like to wrap inside a tortilla? (cheese, meat, beans, lettuce, tomatoes, bananas…)
What food group is a crepe or a tortilla found in? (Bread/grain)
Where can a wrap be eaten? (Almost anywhere!) When would you eat a wrap? (Breakfast, lunch, snack, dinner—anytime!)
Why do people all over the world make flat breads like tortillas or crepes? (Because… they take so little time to make and use very little fuel (wood, coal, gas, electricity) to bake on a hot pan… they taste so good and hold a variety of fillings—spicy, plain, sweet… you don’t need a plate or fork!)
How many kinds of flat breads are there? Too many to name here! How long have people been making wraps? Thousands of years. Wraps have been around a very long time. Some flatbreads include lefse (Norwegian), latkes (Jewish), focaccia (Italian) and pita or lavash (Middle Eastern), naan (Indian), blini (Russian). These may or may not be leavened. Some are filled, some served as a side dish.
How are tortillas and crepes made? Let’s find out.

Flour Tortillas—Makes 8, (2.5 oz) tortillas
Ingredients:
2 ½ cups unleached all purpose flour (may use 1/3 whole wheat flour)
1 teaspoon salt
1 teaspoon baking powder
2 tablespoons shortening or vegetable oil (optional)
1 to 1 ¼ cups warm water
Cooking spray

Nutrition Facts:
One, 2.5 oz. tortilla provides
170 calories
Total fat 4g: Sat. fat, 0g
Cholesterol 0mg
Sodium 360 mg
Total Carbohydrate 30g
Dietary fiber 1g
 Sugars 1g
 Protein 4g
 Vit. A 0%,  Vit. C 0%
 Calcium 2%
 Iron 10%
Tortilla Directions:
1. In a large mixing bowl, blend the white flour, salt and baking powder.
2. Stir in oil and warm water until mixture is blended and sticks together. If dough is too sticky, add small sprinkles of flour and knead lightly to form a smooth dough ball. If dough is dry, add small sprinkles of water (1 teaspoon or dampen hands) and knead until moist.
3. Divide into 12 pieces; shape each into a ball. Let rest covered or in plastic bag for 15-20 minutes or up to overnight (refrigerate dough if kept overnight).
4. With a tortilla press or rolling pin flatten each ball into a thin circle about 8 to 10-inches across.
5. Spray a griddle with cooking spray; heat medium hot. Bake each tortilla about 1½ to 2 minutes per side. Tortilla will have brown speckled spots. Stack, cover and keep warm.  


Fruit Wrap Pies  Makes 12.
Ingredients:  12, 8-inch flour tortillas, 4 large apples OR pears (or 8 medium peaches), 1/3 cup packed brown sugar, ⅛ teaspoon cinnamon, ⅛ teaspoon nutmeg, 1/3 cup milk.
Directions:  Preheat oven to 350 degrees F. Warm tortillas for easier handling. Wash, peel and chop fruit into small pieces. Place ¼ cup of fruit on center of each tortilla. Sprinkle fruit with mixture of sugar and spices. Roll up (wrap the fruit). Place each wrap on a greased baking sheet and make small slashes on top for steam to escape. Brush with Milk and sprinkle again with sugar. Bake for 8 to 12 minutes, until lightly brown. Cool slightly!

Source: Kansas State U. Family Nutrition Program. www.kidsacookin.ksu.edu

Wrap Explorations:
- Have a local friend or restaurant demonstrate making tortillas and wraps.
- Purchase masa flour and follow the package directions for corn tortillas.
- Bring favorite things to wrap—eggs, salsa, meats, grated cheeses, black, red and pinto beans.
- Visit www.kidsacookin.ksu.edu. Video or website in Spanish and English instructions
- Find many dessert crepe ideas: www.dianasdeserts.com
- Hit the links at www.homebaking.org.
- Learn about ingredients. Flours and cornmeal (www.namamillers.org) and eggs (www.aeb.org)

Cocoa Black Forest Crepes  Makes about 18 crepes
3 eggs  
⅔ cup water  
½ cup light cream or half n' half  
⅛ cup + 2 tablespoons all-purpose flour  
3 tablespoons cocoa  
2 tablespoons sugar  
1/8 teaspoon salt  
3 tablespoons butter, melted  
Chocolate Sauce
Sweetened whipped cream Sliced almonds to garnish
1. Combine eggs, water and cream with whisk or processor, blend 10 seconds. Add flour, cocoa, sugar, salt and butter; blend until very smooth. Let stand at room temperature for 30 minutes.
2. Spray or oil a 6-inch crepe or sauté pan; heat over medium heat. Pour 3-4 tablespoons batter in pan; lift and tilt the pan to spread the batter. Return to heat; cook until surface begins to dry. Loosen crepe at edges; turn and lightly cook other side.
3. Stack crepes, placing wax paper between each. Keep covered if using immediately. Refrigerate for later use if desired.

TO Serve: Wrap each crepe around 2 tablespoons pie filling. Place seam side down and Garnish with with chocolate sauce, whipped cream and almond slices.

Chocolate Sauce:  In small saucepan, stir together ⅛ cup sugar and 1/3 cup cocoa. Add ⅛ cup evaporated milk, ¼ cup butter, dash salt. Stir and cook until boiling over medium heat. Serve warm or store refrigerated.

Source: www.hersheyskitchens.com