



## Bakers... Let's Wrap!



### What we'll Learn.

**McRel Education Standards:** ([www.mcrel.org/standards-benchmarks](http://www.mcrel.org/standards-benchmarks))

**Writing:** Apply writing strategies to write a wrap recipe. (Standard 1)

**Reading:** Use general reading skills to understand and interpret instructions. (Standard 7)

**Listening and Speaking:** Contribute to group discussion and asks questions (Standard 8)  
Understand language reflects different regions and cultures.

**Math:** Use a variety of strategies in problem solving (Standard 1)

Select appropriate units of measurement (dry, liquid, temperature, length) (Standard 4)

Apply basic geometric language for shapes (Standard 5)

**Science:** Apply the function of the chemical leavening in foods (Standard 5)

Plan and conduct a measured investigation using appropriate tools and simple equipment

Identify nutrients in grain food and their functions in human health. (Standard 9)

**Life work:** Make effective use of basic tools. Prepare a nutritious food. (Standard 1)

**Behavioral:** Recognize group and cultural influences (food, beliefs) contribute to human development, identity and behavior. Recognize food offers commonality between cultures. (Standard 1)

### What you'll Need:

Large bowl per person/group  
Mixing spoon per person/group  
Measuring cups (liquid & dry) and spoons  
Flour, sugar, salt, baking powder, baking cocoa  
Water, cooking oil, butter  
Large eggs  
Fork & bowl to beat eggs  
Can opener  
Kitchen scissors  
Baking sheet pans  
Crepe or sauté pans  
Stove burners (crepes)  
Griddle or skillet (tortillas)  
Food wrap or bags  
8-inch lengths of thick (1-inch) dowel rod for rolling

### High Tech Tip:

Prepare dough or crepe batter with food processor.  
Crepe and tortilla makers are available too.

"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 lefsa (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 unbleached 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 1 ½ to 2 minutes per side. Tortilla will have brown speckled spots. Stack, cover and keep warm. **Source:** Hodgson Mill—[www.HodgsonMill.com](http://www.HodgsonMill.com)

### 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, ¾ teaspoon cinnamon, ¼ 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 Ungreased 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](http://www.kidsacookin.ksu.edu)

### Crepes **Makes about 12 crepes**

#### Ingredients:

- 1 large egg plus 1 large egg yolk
- 1 1/2 teaspoons sugar
- 1/2 cup flour
- 3/4 cup milk
- 2 tablespoons butter or margarine, melted
- Vegetable oil

#### Instructions:

1. TO MAKE THE CREPE BATTER: With an electric mixer at medium speed, Beat together the egg, egg yolk, sugar, flour and 1/4 cup of the milk, until mixture is well blended. Beat in the melted butter and remaining milk to form a smooth batter. Refrigerate for at least 30 minutes or the batter may be frozen.
2. TO COOK THE CREPES: Lightly oil a skillet or crepe pan and heat to medium. Drop spoonfuls of the batter on the heated skillet or crepe pan and quickly spread the batter from the center in a circular fashion, using the underside of the spoon. Cook until the bottom side of the crepes are golden brown. Carefully turn crepes over to lightly brown the other side. Remove the crepes from the pan, stacking them on a plate. Use these basic crepes for a sweet or savory dish.

**Source:** [www.DianasDeserts.com](http://www.DianasDeserts.com)



### 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](http://www.kidsacookin.ksu.edu). Video or website in Spanish and English instructions
  - Find many dessert crepe ideas: [www.dianasdesserts.com](http://www.dianasdesserts.com).
  - Hit the links at [www.homebaking.org](http://www.homebaking.org).
  - Learn about ingredients. **Flours** and **cornmeal** ([www.namamillers.org](http://www.namamillers.org)) and **eggs** ([www.aeb.org](http://www.aeb.org))
- Book it:** *Betty Crocker's Kids Cook*. [www.bettycrocker.com](http://www.bettycrocker.com)  
*Bread Bread Bread*. By Ann Morris.  
*Everybody Bakes Bread*. By Norah Dooley  
*Honest Pretzels*. By Mollie Katzen  
*Marven and the Great North Woods*. By Kathryn Lasky.

### Cocoa Black Forest Crepes

Makes about 18 crepes

- 3 eggs
- ¾ cup water
- ½ cup light cream or half n' half
- ¾ cup + 2 tablespoons all-purpose flour
- 3 tablespoons cocoa
- 2 tablespoons sugar
- 1/8 teaspoon salt
- 3 tablespoons butter, melted
- Cherry pie filling
- 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 ¾ cup sugar and 1/3 cup cocoa. Add ¾ 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](http://www.hersheyskitchens.com)