



Sewing Shirt Yokes: The Burrito Method

The burrito method allows you to machine-sew fully encased seams in the shoulders and yoke-to-lower back of any shirt that has a two-layer yoke. The resulting seams look professional and tidy.

Sew the back yoke seam

1. Prepare any pleats or gathers in shirt fronts and lower back pieces. Staystitch neck of yoke and front pieces as directed in the pattern. Don't skip the staystitching, because you'll handle these pieces more than usual.
2. Pin outside yoke piece to lower back, right sides together.
 - a. Optional: baste
3. Pin inside yoke piece to lower back, right side of yoke to wrong side of lower back. Stitch through all three layers using seam allowance described in the pattern.
4. Press seam as sewn, then press yoke pieces up. Verify that the back looks as you intend.
5. Trim yoke seam, grading so the outside yoke seam allowance is longest.

Sew the shoulder seams

1. Pin outside yoke piece *only* to both front pieces at shoulders, right sides together.
 - a. Optional: baste
2. Lay shirt flat on a table so that the inside of the yoke is open on the bottom, the pinned/basted shoulder seam is at 12:00 and the shirt fronts are on top. Smooth all layers.
3. Starting at the hem edges, roll the shirt lower back and shirt fronts toward the shoulders. Do not roll the inside yoke piece. Stop when you get to the yoke/lower back seam.
4. Pull the inside yoke piece over the rolled fronts/back and pin the shoulder seams, right sides together.
 - a. At this point, you have a yoke, inside out, with the shirt rolled up inside it.
5. Stitch shoulder seams.
6. Press shoulder seams as sewn.

Reveal your lovely yoke

1. Gently pull the rolled shirt through the neck opening. Verify that everything looks right.
2. Press shoulder seams.
3. Push yoke seams back through to trim, grading so the outside yoke seam allowances are longest.