

Roti

Unleavened Flat Bread



Ingredients

500g whole-wheat flour
(atta)

Water

1 tsp butter

Method

- 01** Put the atta in a bowl and adding a little water at a time bring the flour together with your hands to make dough.
- 02** Start to knead the dough using your knuckles, folding it over as you go. The dough should come together and come away from your hand and the bowl. If it is sticky add a little more flour and continue to knead. The dough needs to be soft but not sloppy. Set to one side for at least half an hour before making the roti.
- 03** Put some dry atta on a flat plate for dusting. Heat up the thava on the lowest setting, flour your hands and take a tangerine sized ball of dough.
- 04** Roll the dough in the palms of your hands creating a smooth ball.
- 05** Flatten it using your fingers then holding the dough in one hand rotate it round and flatten out with the other.
- 06** Flour again and begin to roll out. Turn it over, flour and roll again, try not to let it stick. When it is about 7cm in diameter pick it up and pass from one hand the other as if you are clapping.
- 07** This evens it out and removes the excess flour.
- 08** To cook, heat the thava which is an Indian griddle pan (but a non stick frying pan will do) and carefully place the roti flat on to it. Try not to let the roti fold.
- 09** You will see the colour of the roti darken after about 10 seconds, turn the roti over. If using gas - turn the heat down a little and when bubbles appear after about 10 seconds take the thava off the hob and put the roti directly onto the flame.
- 10** The roti will begin to puff up, turn it over using tongs and move it around so it doesn't burn. If you are not using a gas cooker or are not comfortable using a naked flame leave the roti on the pan. Turn the heat down a little and when bubbles appear turn the roti over. Using a clean tea towel gently press the top of the roti and it will begin to blow up with hot steam.
- 11** Work quickly, turning and pressing until it has all blown up. Be careful not to burn yourself. Remove the roti and set it on a clean tea towel and cover to keep warm.

Served with

Smear with butter and serve.

