

Chapati

This activity includes hot oil

What you'll need:

- Large bowl
- Knife
- Rolling Pin
- 3 cups plain flour
- 1 teaspoon sugar
- 1 1/2 teaspoon salt
- 3 tablespoon ghee or oil
- 1 1/4 cup warm water



What to do:

- In a large bowl add flour and make a well then add sugar, salt, followed by water, ghee or oil.
- Knead to form a soft and sticky dough.
- Place dough on a heavily floured board and knead for about 8-14 minutes. Continue to flour dough as needed to facilitate kneading. Be careful not to overdo it. The dough should be soft, elastic and smooth.
- Divide dough into 6 or 8 pieces according to preference and let it rest.
- Using a rolling pin roll out dough into a circle. They do not have to be perfect circles.
- At this stage you may proceed to cooking. However, if you want chapatis with layers you have to do the next steps.
- Lightly oil chapati dough with ghee. Be gentle with the oil.
- Then place dough on a heavily floured plate, press the dough down.
- Turn dough over and press down – lightly shake off excess flour.
- Shape dough like you would shape a paper fan- Starting at one end, all the way to the opposite end.
- Then coil it up- like in the 2nd picture.
- When all the dough has been coiled up, cover the dough with a damp cloth and let them rest for 20 minutes.
- Gently flatten out coiled dough and roll out. Begin rolling out



the dough from the centre working outwards.

- Rotate the dough out each time you roll it. This helps to make a perfect circle. Make sure they are not roll out to thin. Chapatis are not meant to be thin- 1/4-inch dough thickness is good.

- Oil pan. Then place dough on the pan. Heavily oil the other side of the dough making sure you oil the edges too.

- Cook for about 2-3 minutes rotating as need until golden brown.

- Serve warm.

GOOD LUCK!