



PARVEEN'S INDIAN KITCHEN

CHAPATI



INGREDIENTS

- 450g chapati (or wholewheat) flour
- 350ml water
- 25g butter (optional)

Makes 8

METHOD

1. Place the flour into a deep bowl, then slowly add the water and mix until the flour has absorbed all of the water and the dough becomes a little sticky. Cover and set aside for 10 minutes.
2. Knead the dough for 2 minutes until smooth and soft, then place into an airtight container and refrigerate for 5 minutes.
3. Remove from the fridge, divide into 8 then shape into balls. Flatten slightly with your hands then, on a lightly floured surface roll with a rolling pin into a flat disk about 15-17cm diameter.
4. Heat a chapati pan or frying pan until warm. Meanwhile take one of the disks in the palm of your hand and transfer over to the other palm back and forth to shake off any excess flour (known as 'the chapati clap!')
5. Lay the chapati onto the warm pan until the surface bubbles (about 30 seconds), then turn over and cook the other side for another 10-15 seconds. When brown spots appear the chapati is ready.
6. Place onto a serving plate then cover with a warm towel, repeat and stack under the towel until all 8 are cooked.
7. Serve spread with butter - naughty but nice! Enjoy!

Parveen
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parveenashraf.com

