

Chapati

Equipment needed –

Large bowl, sifter, frying pan, clean tea towel, measuring cup and measuring jug,

Ingredients from the Pantry –

- 800 grams of wholemeal flour plus extra for dusting
- Pinch of salt

What to do –

1. Measure out 800 grams of wholemeal flour. Sift the flour into a large bowl. Add the salt.
2. Add about 2 cups of water in the flour.
3. Mix the water and flour until a soft dough is formed.
4. Divide the dough into 26 equal pieces and roll into balls.
5. Flatten each ball between the palms of your hands and dust with flour.
6. Roll each ball out into circles with a diameter of about 15cm.
7. Heat a frying pan over a high heat, then reduce the heat to medium-low.
8. Add a chapati to the pan and cook for about 10 seconds, pressing with a clean tea towel until the bread begins to puff up. Turn then cook the other side in the same way.
9. The chapatti is cooked when brown patches appear on the surface.

Serves –

- 28 students.