

# Chapati and Roti (Flatbread)

2 c whole wheat flour  
1 tsp salt

1 Tbsp vegetable oil  
 $\frac{3}{4}$  c warm water (enough for a kneadable dough)

Combine ingredients in a large bowl and mix thoroughly until dough forms. Knead the dough smooth (about 5 minutes), cover, and set aside to rest for at least 30 minutes up to several hours. Note that the dough won't rise because there are no leavening agents, we're just letting the flour absorb the water and the gluten develop.

After resting, knead the dough for 1-2 minutes, without adding any more water, to relax the gluten; and divide the dough into 10-12 balls about the size of a golfball.

Roll each dough ball in dry whole wheat flour to lightly coat it so it doesn't stick when you're rolling it out.

Then roll the dough out. For Chapati, you want thin 6" circles (you can use a tortilla press if you have one); for Roti, you want slightly thicker 3-4" circles. Don't worry if they're not perfect circles or perfectly flat and smooth, these are supposed to be rustic! You could even shape and flatten these out by hand if you have the patience. Place an ungreased (lightly greased for Roti) griddle or cast-iron skillet on the stove at medium-high heat. When hot, place the rolled-out dough down on the griddle. When bubbles are visible, turn over and cook until the bottom side browns as well.

If you are cooking on a gas stove, grill or campfire, hold the cooked chapati/roti with a pair of tongs, and place it directly over the flame for a few seconds, until the chapati puffs up. Turn and repeat on the other side.

If you are cooking on an electric stove or griddle, keep the chapati/roti on the griddle and gently press the chapati/roti with the spoon handle or chopstick in several places; flip and repeat on the other side.

This dimpling procedure should make the chapati puff up; but if you press too hard or too long, the chapati may become too crunchy or scorch.

Remove the chapati from the heat, and lightly brush one side with butter, oil or ghee to help them stay moist.