



Longley Park  
SIXTH FORM

# Ready, Steady, Cook



## Chapatis by Raquia Begum

Chapati also known as roti is a type of flatbread that is common in India, Nepal, Bangladesh, Pakistan, Sri Lanka, East Africa and the Caribbean.

### Ingredients

- 400g of chapati flour/wholemeal plain flour (popular companies include Champion Atta/ Elephant Atta)
- 250 ml of cold water
- Rolling pin
- Non stick flat frying pan



### Method

- Keep 100g of flour aside for when making the chapatis
- Put the rest of the flour into a mixing bowl and add the water bit by bit whilst kneading the mixture. Keep adding the water until your dough has formed into a soft, elastic dough.
- Cover the dough and let it rest for approximately 15 minutes.
- Knead the dough once again by wetting your hands slightly and kneading the mixture.
- The dough is now ready.

### Making the Chapatis...

- Sprinkle some of the flour left onto a flat surface or a board.
- Take a small portion of the dough (approx size of a tangerine). With your hands, form the dough into a small ball. Sprinkle some flour onto it if sticky.
- Flatten the ball onto the surface with your hands so it forms a flat disk (approximately 10cm in diameter).
- Using the rolling pin, roll out the dough, constantly turning the disc so you form a nice circle. Keep flouring when needed. Continue until circle is approximately 15 cm in diameter.
- Now take the chapati into your hands and flip between your palms so excess flour comes off.
- Lay the chapati onto your pan and heat one side for approx. 20-30 seconds. Then flip the chapati (with tongs for safety) so that the other side can cook. You can do this a few times until brown spots appear on both sides.
- The chapati is now done.
- Repeat with the remaining dough.