

Chapattis



Makes 8

Ingredients

- 200g atta flour (*see note below*)
- ¼ tsp of salt
- 1 tsp vegetable oil
- 150ml warm water

Tip: *We have tried various combinations and ratios of regular flours and have found a solution that is a close approximation.*

One quarter wholemeal flour and three-quarters white bread flour gives acceptable results. Therefore for this recipe use 50g wholemeal plus 150g white bread flour.

There's enough gluten to allow the chapatti to puff up, the texture is soft and the flavour is good, although not quite the same as you get from atta flour (a type of Indian stoneground wholemeal flour).

Method

Put the flour and salt into a bowl and stir to mix. Make a well in the centre, add the oil and water and mix into a rough dough, now using your hand, knead well for 5 minutes.

Divide the dough into 8 portions and apply a little oil to the top of each piece. Cover with a damp cloth and leave the dough to relax for 15-20 minutes.

Flour your work surface heavily.

Take a piece of dough, put it onto your work surface and flatten with the palm of your hand. Dip the dough into some flour and shake off the excess.

Take a rolling pin and roll out the dough into a circle measuring 15cm (6 inches) in diameter.

Take the now rolled chapatti dough and 'clap' it from one hand to the other to remove excess flour. It doesn't matter if some flour remains but too much left behind will burn. Repeat with the remaining dough pieces.

To cook the chapattis you'll need a heavy-based frying pan, it can be non-stick or cast iron but it does need to be able to be heated to a high temperature.

Set the stove to medium-high to heat the pan.

Cut a piece of greaseproof paper large enough to fold over and enclose your cooked chapattis.

Place the chapatti in the pan. When some large bubbles start to appear, turn the chapatti over to cook the other side and cook for a further 30 seconds.

When some brown spots start to form on the bottom of the chapatti, flip it over again, it should now begin to inflate.

As the chapatti puffs up, tap it with a spatula/fish slice to let out the hot air. This will help to avoid burning the part of the chapatti that is in closest contact with the pan.

Flip the chapatti a few times until it reaches the desired colour and remove it from the pan and place on the greaseproof paper. Fold over the paper to cover while you continue to cook the others.