

Chapati traditional North Indian bread

Recipe for 4 persons

Description

Traditional Indian flat bread served with curries.

Note

You know you have knead enough when you press the dough with your finger and it bounces back. It is a sign that gluten has developed.

Ingredients

For the chapati

- 125 Ml Water
- 1 Pinch(es) Salt
- 230 Gr Whole wheat flour

Preparation

- Preparation time **30 mins**

Chapati preparation

Mix the flour with the water and salt using cup of water first and adding as much as required to form a ball with the dough. Pound for 10 minutes. Form little balls and roll then down with a rolling pin until very thin. Don't forget to sprinkle flour between each chapatti if you are to stack them before cooking to prevent sticking. On medium heat, cook the chapati in a non-stick pan without any oil until bubbles starts to form and nice little brown spots appear on one side, then flip the chapatti and cook on the other side. Serve immediately.

Bon appétit!