



Oriental flatbread - Chapati

(makes about 8 pieces Chapati)

Ingredients

350 g	Half-White flour or Chapati Flour "Atta"
1 TSP	Salt
2 TBSP	Olive oil/Ghee or butter
170 ml	Water

Preparation

1. Place flour into a bowl. Create a well. Add salt, Oil/Ghee and water. Knead for 2-3 minutes by hand (food processor or bread machine also do the job).
2. Form a round ball and cover with the bowl, shower cap or wet cloth. Let rest for 20-30 minutes, or longer.
3. Replace dough on the surface, flour just a little bit if needed. If not go skip it. Divide into 8 portions of 70g approx. and shape to balls.
4. Roll the balls into 1-2mm thin and round circles (size of a Mexican tortilla).
5. Heat up a frying pan till really hot (no oil required). Ideal is cast iron but a non-stick will do it as well.
6. Bake each chapati for 1 minutes per side. The flat bread should make bubbles and puff up.
7. Place flatbread wrapped in a cloth, in a bowl or dish with a lid, so the chapatis stay warm and elastic.

Serve warm or cold as you like best ☺

Infos:

Ideal is flour like „Ruchmehl“ so half brown flour and half whole wheat flour. Available in Indien Shops there's packed „Chapati Atta“ flour.

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