

courtesy : En. Roaini Arrifin



Chappati is a soft savory toasted wheat bread. It is served with; curry, sambar, sambal or varuval.

Ingredients:

330gm unbleached (organic) wheat or chappati flour

1/4 teaspoon salt

1 1/2 tablespoon ghee

170ml water

a little extra wheat flour and ghee

Method of preparation:

Mix wheat flour, salt and ghee. Add water bit by bit. Knead the dough for 10 or 15 minutes; till it is soft. Put dough inside a dish and cover with a damp white towel. Set it aside for 4 hours. Pinch a small amount of dough and form 4cm. diameter balls. Dust a board with some wheat flour. Next place a dough ball on the board. Using a rolling pin, flatten the dough into 15cm. diameter thin circle. Apply a layer of ghee on a heated flat griddle or skillet. Toast the chappati for about 30 seconds on high flame. Then flip over with a flat blade spatula. There will be black or brown blisters to indicate it is toasted. Use a clean dry white towel to press around the circumference; to fluff. Apply a layer of ghee on the flipside. Serve with; curry, sambar, sambal or varuval.