Chapati’s

Simon Bryant

Ingredients:

2 cups Atta flour (or light wholemeal flour)
2 tablespoons ghee (plus extra tablespoon for frying the chapati)
1 teaspoon sea salt flakes
250 ml tepid water

Method

In your mixing bowl (or on your clean bench top), rub the ghee through the flour and salt.
Add the water. Knead the dough for 10 minutes, then rest for 1 hour.
Separate and roll the dough into 12 balls.
With your rolling pin, roll out each ball to 2 mm thick.
Preheat your heavy-based pan over a high heat and oil with a little of the remaining ghee.
Place each bread in the pan for 30 seconds, turn and then *press the chapati onto the pan using a bunched-up tea towel until it squeals and puffs up slightly and becomes less opaque; flip and repeat.