

# Chapati

Servings: 10 to 12

## Ingredients:

2 cups whole-wheat pastry flour

1 teaspoon salt

1 tablespoon vegetable oil

About 3/4 cup warm water (enough for a kneadable dough)

## Directions:

Knead the dough, cover and leave aside for at least 1/2 hour or, ideally, up to 2 hours. After about 1 hour or right before rolling out, punch the dough and knead again without any more water.

Make 10 to 12 1 1/2-inch balls; dip each one into dry whole-wheat flour, and roll out into thin, 6-inch circles.

Place a flat, ungreased griddle on the stove at medium heat.

When hot, place a rolled-out chapati right side down on the griddle.

(The "right side" is the one facing you when you rolled it.)

When bubbles are visible, turn over and cook until tiny brown spots appear on the side facing the griddle.

If you have a gas stove, hold that chapati with a pair of tongs, and place it directly over the burner flame for a few seconds, until the chapati puffs up.

Turn and repeat on the other side.

If you have an electric stove, keep the chapati on the griddle.

With a wadded-up paper towel to protect your fingers, press gently all around the chapati.

Flip the chapati and press gently around the other side.

This procedure should make the chapati puff up.

(If you press too hard, the chapati will become too crunchy.)

Remove the chapati from the heat and butter with ghee on the "right side."