

Roti

Season: any

Type: Bread

Difficulty:

Serves:

Fresh from the garden:

Recipe source:

Equipment:	Ingredients:
Bowl	1 cup white plain flour
Measuring spoons	1 cup wholemeal plain flour
Measuring cups	1 teaspoon salt
Frying pan	1 teaspoon ground coriander
	1 teaspoon ground turmeric
	2 teaspoons cumin seeds
	1 tablespoon vegetable oil
	$\frac{3}{4}$ cup water (approximately)
	90 gm Ghee approximately

What to do:

- Sift flours, salt and ground spices into a large bowl.
- Make a well in the flour.
- Add the seeds, oil and enough water (to mix to a soft dough) into the well.
- Turn dough onto a floured surface, knead for 10 mins
- Wrap dough in plastic and refrigerate for 30 mins.
- Dived dough into 16 even portions.
- Roll each portion on a floured surface, into a 16cm round.
- Heat oil in a frying pan, until very hot.
- Add 1 teaspoon of ghee, quickly turn pan to coat base with ghee.
- Place one roti in the pan at a time.
- Cook for about 1 minute then turn it over for another minute.
- Repeat with remaining ghee and roti.
- Wipe pan clean with paper towel when ghee looks brown or burning.

Notes: make 2 lots of the recipe