

CHAPPATIS

Indian non-yeasted bread – light and delicious!

The spices are optional, and can be used for variety.

2 cups Chapati flour, spelt flour, or whole wheat pastry flour
½ tsp. each Cumin seeds, mineral salt (optional)
¼ tsp. each Ground cumin, ground coriander, turmeric (optional)

Mix the flour, spices and salt. Slowly add water while mixing until the dough becomes moist. Optionally add ½ tsp ghee to soften the dough. Knead until smooth. It's good to let the dough rest about 20 minutes, but not necessary. Take some dough about the size of a golf ball and roll out until very thin using extra flour on both sides to keep the chappati from sticking to the roller or the surface. Cook chappati on cast iron pan over medium-high heat, about 45 seconds on each side. The chappati should brown in spots as bubbles form and make it rise slightly. You can press the chappati with a spatula, and flip it a few times, to help it cook evenly without burning.



Insights of New Orleans, LLC

(504) 832-4096

www.InsightsofNO.com