

Making your own chapati bread is fun and if you do have a gas stove top, it is so worth watching them inflate!

*1/2 cup chapati flour*

*1/4 tsp salt*

*1/4 Lukewarm water*

*ghee or butter*

1. Mix the flour and salt in a bowl with the fingertips of one hand.
2. Add the water slowly and knead in the bowl. Add more flour if it is too sticky.
3. Knead for a few minutes.
4. Knead until it is a nice breadly and pliable, consistency.
5. Then let it rest for preferably an hour but ten minutes if you are running late. (The longer you let it rest the lighter it will be.) Knead again.
6. Cut the dough into four and roll into four balls.
7. Place a heavy frypan on the stove and allow it to heat up to a medium heat. Water sprinkled on it should sizzle and bubble.
8. On a floured surface carefully roll out a ball into a flat circle, rolling from the middle outwards and turning the dough as you go.
9. Use a spatula or if you are clever your hands to place it in the frypan. Watch the colour of it start to change and little lumps appear in the surface, flip it over and cook the other side, so little dark brown patches appear. The bread should puff up if your heat is right. You can encourage it to puff by pushing down on the edges with a tea towel.
10. If you have a gas stove you can use tongs to hold the bread directly over the gas flame, after it has been in the pan, to puff it up. This works so well (and looks cool), it is definitely worth doing if you can, even it means getting out the camping stove.
11. Lift out of the pan and brush with ghee or butter.
12. Repeat for all your balls of bread dough.

