

Chapati traditional north indian bread

Recette pour 4

Description

A simple but delicious recipe for Indian flatbread.

Ingrédients

Chapati

- 2 Cup(s) Wheat flour
- 0.75 Cup(s) Water
- 1 Tsp Salt

Préparations

Temps de préparation **45 mins**

Préchauffez votre Oven à 400 F°

Chapati

Mix the flour with the water and salt using $\frac{1}{2}$ cup of water first and adding as much as required to form a ball with the dough. Pound for 10 minutes until gluten develops or until when you press the dough with your finger it bounces back. Form little balls and roll then down with a rolling pin until very thin. Don't forget to sprinkle flour between each chapatti if you are to stack them before cooking. On medium heat, cook the chapatti in a non-stick pan without any oil until bubbles starts to form and nice little brown spots appear on one side, then flip the chapatti and cook on the other side. Serve immediately.

Bon appétit!