

Chapati (Unleavened Flatbread)

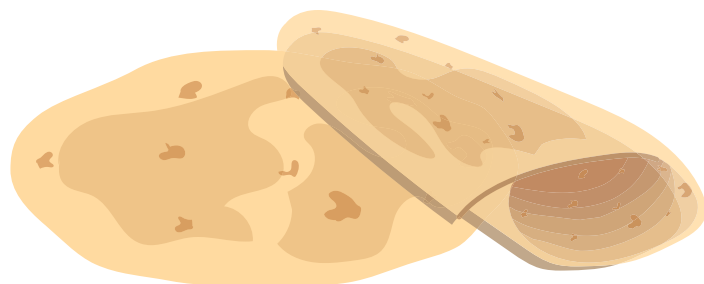
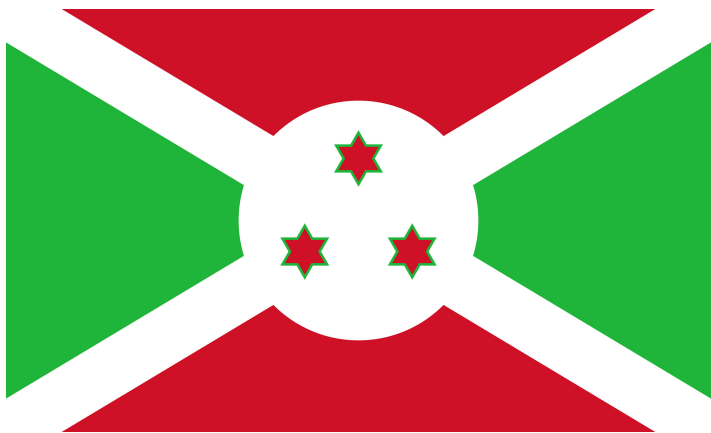
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Ingredients



For 5 Servings:

- 3 cups all-purpose flour
- 1 teaspoon sugar
- 1 1/2 teaspoon salt
- 3 tablespoon ghee or oil
- 1 1/4 cup warm water



Method

1. In a large bowl add flour, make a well, then add sugar, salt, followed by water, ghee, or oil
2. Knead to form a sticky dough. Place dough on a heavily floured board and knead for about 10 minutes. Continue to flour dough as needed to keep it from sticking. Be careful not to over-knead. The dough should be soft and smooth.
3. Divide dough into 5 pieces and roll each piece into a ball. Let rest. Heat a skillet over medium heat until hot, and grease lightly. for a few minutes.
4. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin like a tortilla.
5. When the pan starts smoking, put a chapati on it. Cook until the underside has brown spots, about 30 seconds, then flip and cook on the other side. Continue with remaining dough.