



Chapati

Season: Any time of the year

Serves: makes 10 flatbread

Recipe source: allrecipes.com

Fresh from the garden:

Equipment: Medium mixing bowl Wooden spoon Tongs Baking paper Knife Frypan	Ingredients: 1 cup wholemeal flour 1 cup plain flour 1 tsp salt 2 tbsp olive oil $\frac{3}{4}$ cup hot water
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What to do:

1. Mix the wholemeal flour, plain flour and salt in a bowl.
2. Use a wooden spoon to stir in the olive oil and enough water to make a soft dough.
3. Make sure the dough is not sticky.
4. Knead the dough on a lightly floured surface until it is smooth.
5. Divide dough into 10 equal pieces.
6. Roll each piece into a ball.
7. Let the balls rest for a few minutes.
8. Roll the balls out into very thin circles – like a tortilla.
9. Heat and grease a frypan on medium heat until smoking.
10. When the pan is smoking put a chapati on it.
11. Cook until the underside has brown spots – about 30 seconds.
12. Flip and cook on the other side.
13. Cook the rest of the chapati in the same way.