

Chapati recipe

Ingredients

1 cup whole wheat flour

1/2 cup water

Method

1. Put flour in a large bowl with half the water.
 2. Blend the two together until it forms a dough.
 3. Beat and knead well until it forms a compact ball.
 4. Knead dough until it is smooth and elastic.
 5. Set aside for 30 minutes.
 6. Knead and divide dough into 4 to 6 parts
 7. Roll each ball into a tortilla like flat, about 1/8" thick.
 8. Heat an ungreased skillet.
 9. Put dough on it and let cook for about 1 minute.
 10. Turn and cook the second side for 2/3 minute until small bubbles form.
 11. Turn again and cook the first side pressed lightly with a towel. It should puff.
- Serve warm (maybe slightly buttered).