



Chapati

This traditional flatbread is served with curries and main dishes, but can also be used to make wraps.

Ingredients

1 cup whole wheat flour
1 cup all-purpose flour
1 teaspoon salt
2 tablespoons olive oil
 $\frac{3}{4}$ cup hot water or as needed

Preparation

In a large bowl, mix the whole wheat flour, all-purpose flour, and salt.

Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic, but not sticky.

Knead the dough on a lightly floured surface until it is smooth.

Divide into 10 pieces, and roll each piece into a ball.

Sprinkle flour onto a surface and use a floured rolling pin to roll out the balls of dough until they are thin.

Heat a pan over medium heat until hot, then grease lightly.

When the pan starts smoking, put a chapati on it.

Cook for about 30 seconds or until there are brown spots, then flip it over and cook on the other side.