



## Chapatis

Makes 10  
Prep time: 20 minutes  
Rest time: 20 minutes  
Cook time: 15 minutes

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### *Ingredients*

1 1/2 Cups/190 grams strong white flour  
1/2 Cup/60 grams whole wheat flour  
1 Teaspoon salt  
1 Cup/240 ml warm water  
Oil for your hands and extra flour for dusting your work surface

### *Method*

Sieve your whole wheat flour through a fine sieve. In a large mixing bowl, combine the white flour, whole wheat flour and salt. Mix well. Gradually start adding your water and with a fork or your fingers start incorporating it to form a dough. This process will only take a moment. Mix for another minute until you have a dough. Turn the dough out onto a lightly floured surface and sprinkle a little flour over the dough. Oil your hands and start kneading the dough. Knead for about 10 minutes or until the dough becomes elastic and springs back when touched. Form into a ball, cover and leave to rest for about 20 minutes.

Form dough into a log and cut into 10 equal parts. Rolling between the palms of your hands, form each piece of dough into a ball. Repeat for all of the dough. Roll out each ball to an 8 inch circle on a lightly floured surface.

Heat a large skillet over high heat. Add the chapatis one at a time to the pan. Cook for about 1 minute then flip it over. Continue cooking and flipping every 10 - 20 seconds until large air pockets start to form. Gently push down the air pockets to allow air to move through the chapati. Remove from heat and wrap in a tea towel. Repeat for all chapatis, storing in the tea towel as they cook.

Store in the tea towel secured inside a zip lock bag or airtight container. Can be reheated in the oven on a low heat. Will last a few days, but are best the day they are made.

## *Julia's Cuisine*

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Breads

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