

Roti

Swick

Makes 10 flatbreads | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

Atta flour is whole wheat flour and is milled finer than other whole wheat flour varieties. In place of atta, use white whole wheat flour.

A well-hydrated dough is desirable. Use ample water and after mixing and kneading, allow the dough to rest for several minutes.

- The pan can be non-stick, cast iron, or other heavy-bottomed pan or griddle.

If an electric stovetop is used, cook the roti until done in a pan over moderate heat, looking for the visual cues mentioned, above. It is usually more difficult to encourage the roti to puff in a pan instead of over an open fire, but you may find the “sweet spot” where portions of the roti puff, if not the entire flatbread.

Step 1: Preparing the Dough

- 10 oz (285 g) atta flour
- 1 tsp (5 ml) oil
- 1/2 tsp (4 g) salt
- 7 1/2 oz (215 g) water

In a bowl, use your hands to combine the flour, oil, and salt. Add the water and mix the dough. Continue to knead and turn the dough in the bowl, capturing the loose flour from the sides and bottom. Continue until the dough is smooth and no longer sticky.

If necessary, make adjustments to the dough consistency by adding water or flour in very small amounts.

Divide the dough into ten 1 3/4 oz (50 g) pieces and roll each into a ball. Cover the balls with a towel and set them aside.

Step 2: Rolling and Cooking the Roti

- Flour for rolling
- Melted plant-based butter for brushing

Prepare a small bowl of flour. Take a dough ball, flatten it with your hand, dredge the disc of dough in the bowl of flour, then use a rolling pin to roll the disc to about 7 inches (18 cm) in diameter.

Meanwhile, heat a pan* over medium heat. When the pan is hot, place one roti in the pan. When you see small white spots form on the surface of the dough, use tongs, a spatula, or your hands to flip, then cook on the remaining side until it bubbles a little and light brown spots form.

Remove the roti from the pan and place it directly over an open flame. Let the roti cook until it puffs. Move the roti over the fire for even cooking. Flip it and repeat for even cooking. Allow it to puff again and develop brown spots all over.

Brush one side with “butter.” Store the roti in an insulated container or in kitchen towels to keep warm as you finish cooking the remaining dough.

Serve warm and enjoy!