Besan Flour Roti

Equipment:	Ingredients:
Large ovenproof dish Kitchen paper Frying pan Measuring spoons and cups Wooden spoon Mortar & pestle Bowls – small and large Chopping board Knives – small and large	4 cups besan gram flour 4 tablespoons oil 4 tablespoons yoghurt or coconut yoghurt 1 teaspoon salt 1 teaspoon chili flakes 2 tablespoons dry fenugreek leaves Large pinch of asafoetida Approx. ½ cup of water- use as needed ½ cup rice flour for rolling the roti Approx. 4 tablespoons nuttelex or ghee (clarified butter)

What to do:

1. Combine all the dry ingredients in a bowl and mix well. Add oil and yoghurt (or coconut yoghurt) to the mixture and continue to mix. The mixture will become very crumbly. Oil your palm to make the dough as it will be very sticky. Add water as needed to make the firm dough.

2. Keep the dough aside and cover with damp cloth. Let the dough rest for at least ten minutes or more.

3. Divide the dough in 15 equal parts. Roll them into smooth balls.

4. Take one ball and press it in rice flour on both sides. Then, using a rolling pin, roll it into a 10cm circle. If the dough sticks to the rolling pin or rolling surface, lightly dust the roti with rice flour.

5. Heat the skillet over medium high heat. *Note: A heavy cast iron skillet works best.*

6. Place the rolled roti on the skillet. In a few seconds the roti will start changing colour, turn the roti over and cook on the other side. Both sides of the roti should be left with a few light brown spots.

7. Next place the roti on an open burner using metal tongs. The top part of roti should be down. *Note: if you have gas stove you can put roti directly over high flames but if you have electric stove use cake cooling rack or similar over the burner so roti does not touch burner coil directly.*

8. Grill the roti from both sides using tongs until the roti has golden brown spots both sides.

9. Place each roti on a serving plate and lightly brush with nuttelex or ghee.