

SPICY CHAPATTIS

Ingredients:

225g Chapati flour (can use wheat or wholemeal flour)
Half teaspoon Cumin seeds
Half teaspoon Crushed Red Chillies
Half teaspoon Ground Turmeric
Half teaspoon Ajwain seeds
One & a half teaspoons Fenugreek Leaves
1 teaspoon salt
120ml warm water
1 tablespoon oil - Sunflower or similar
Small quantity of melted butter or ghee for spreading (optional)

In a mixing bowl combine the chapati flour, spices, salt, and 1 tbsp of oil.

Knead the smooth dough by adding sufficient amount of water. Leave to rest at least for 30 minutes.

Divide the dough into equal parts (the size of a golf ball). Roll it out into a flat disc approximately 15cm (6 inches) in diameter, flouring the board when necessary.

Heat up a griddle (or tava). Cook each chapati until you see the brown spots, flip and cook on the other side. You may need to pat your chapati with a tea towel or spatula to keep it from rising.

Sprinkle with a little bit of oil and serve.

You can omit the spices if you would prefer plain chapattis.