



Chapati Recipe by Chef Victoria

Ingredients needed to bake chapatti 6 chapatis

- 3 cups of flour & an extra 1 cup to use in case the dough is sticky
- 2 cups of cooking oil
- 1 grated carrot
- 1 glass of milk
- 1 glass of warm water
- ¼ teaspoon of salt
- 3 tablespoons of sugar
- 1 tablespoon of margarine

Utensils needed

- Bowl
- Clean kitchen cloth/ plate
- Rolling pin
- Cooking stick
- Cooking pan
- Tablespoon
- Knife
- Spatula to flip chapati
- Clean surface like a table
- A coverable serving dish

A Recipe for Cooking 6 Chapati

- In a large bowl, put three cups of flour, add 1 grated carrot and stir (using a wooden stick) the mixture evenly. Note: You should have an extra wheat flour to use later.
- Add 1 tablespoon of margarine and stir evenly to mix it.
- Add 3 tablespoons of sugar and a quarter teaspoon of salt and stir the mixture evenly.
- Add 1 glass of fresh milk (you can still use water instead of milk). Stir the dough. If it does not meet the required softness, add warm water bit by bit and continue stirring.
- Add 3 tablespoons of cooking oil and use your hands to knead the dough to the required softness, until it's no longer sticky on your hands and the surface of the bowl.
- Cover your dough with a clean plate or a clean kitchen cloth for 15 minutes.
- After 15 minutes are over, place the dough on a smooth and clean surface preferably wooden (before you place it on the surface, sprinkle wheat flour on the surface for the dough not to stick).

- Make six small balls from the dough, sprinkle wheat flour on the bottom and at top of each ball. Roll one ball at a time using a wooden rolling pin. Roll from inside to outside to make a perfect circle.
- Apply 1 tablespoon of cooking oil to the rolled-out circle. Use a spoon to cut from the center to the edge of the circle.
- Take one edge and roll it clockwise to make a ball. Then, roll from the right edge again to a small ball (this is what makes the chapatti to be layered). Repeat this for the remaining 5 balls. Take 1 ball and sprinkle wheat flour at the top and bottom, roll from inside to outside to make a perfect circle.
- Put on the heat and warm your cooking pan. To test if the pan is hot enough, apply some cooking oil. When your pan is hot, place the chapati on the pan.
- Bake until it turns golden brown (regulate your heat to avoid burning the chapati). As you bake, add some cooking oil. Rotate the chapati well and flip using a spatula to bake the other side of the chapati until it turns golden brown. Your chapatti is now ready to serve! Put the chapati in a serving dish and cover to avoid from getting dry.
- Repeat the process with the other remaining 5 chapatis.