



## Roti/Chapati

Versatile bread ideal for Indian cuisine or dipping into curries, hummus, tapas, baba ganoush, etc. Great way to utilize grilling.

<u>U.S.</u>		<u>Metric</u>
2 1/4 cups	Whole Wheat Flour	254 g
2 1/4 cups	Bread Flour	254 g
1 3/4 cups	Water	408 ml
2 tsp	Olive oil, extra virgin	11.65 ml
1 tsp	Salt, kosher	11 g
As needed	Spray oil	As needed

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat griddle/flattop/large skillet to medium-high heat or roughly 400° F (200° C). Optional: Preheat a grill to 400° F (200° C) to cook the dough and get a char.
3. In a medium bowl, combine all ingredients and mix until a solid dough is formed.
4. Turn dough out onto a lightly floured surface and knead for 10 minutes. Use flour, as needed, to prevent the dough from sticking to the table.
5. Place dough in a clean bowl and cover with a warm, damp towel. Rest for 10 minutes.
6. Separate dough into 10 evenly sized pieces. Roll into balls, cover with a towel, and rest for 5 minutes.
7. Roll dough out into thin (1/8 inch) circular discs.
8. Grease your cooking surface lightly with spray oil. If using the grill, spray the dough directly with the spray oil.
9. Place the dough on the griddle/flat top/skillet/grill and allow to cook for 1-2 minutes on each size.

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### Nutrition Facts

<b>Serving size</b>	<b>1 piece</b>
<b>Servings</b>	<b>10</b>
<b>Calories</b>	200
Calories from Fat	15
Total Fat	1.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	190 mg
Carbohydrates	39 g
Dietary Fiber	3 g
Sugars	0 g
Protein	7 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	0 %
Iron	6 %

Phosphorus 95 mg