

Chapatis

INGREDIENTS	OVEN
75g wholemeal SR flour 50g white SR flour 90ml water oil for frying	

METHOD

1. Sieve flours into a bowl, add bran remaining in the sieve.
2. Slowly add the water, mixing until a dough is formed.
3. Knead for 5 minutes until smooth.
4. Leave to rest for 10 minutes.
5. Divide dough into 4 portions and roll each piece into a circle.
6. Heat oil in a frying pan and place each chapatti in to cook for 1 min. Turn with tongs to cook for 30 seconds on the other side.
7. Repeat with each chapatti.