Chapati/Paratha

Ingredients

6 cups wheat flour

1 litre warm water

1 tablespoon salt

4 tablespoon sugar

4 tablespoon cooking oil (or coconut oil)

1. Put the 6 cups of wheat flour in a bowl.
2. Add the sugar and the salt.
3. Add the oil to the mixture. Mix well with your hands.
4. Dig a well into the mixture and add a litre of water. Add it in small portions. Use warm water to activate the gluten. Do not use cold water.
5. Knead the dough for 15-20 minutes. Sprinkle a bit of flour on your dough to prevent the sticking. Knead the dough till the dough does not stick to the bowl and on your hands. Do not knead too much.
6. Let the dough rest for at least 30 minutes. Spread a bit of oil on the top and cover with a wet cloth or polythene bag.
7. Dust a clean counter with flour and place the dough on the surface. Knead gently for about 5 minutes. Sprinkle some flour on the dough and roll it out on a flat surface. Spread out the whole dough and oil it. When rolling the dough do not use a lot of flour.
8. Cut it into strips depending on the size of chapati. Cut the middle part into smaller strips and the edges to be wider.
9. Roll out the cut pieces of dough into the same size balls can cover with a damp cloth or polythene bag.
10. Heat your pan on a medium flame. In the meantime, prepare a place where you will put the cooked chapatis. Place a serviette at the bottom of the pot to absorb the excess moisture from the cooked chapatis.
11. Start rolling out your dough evenly on a dusted surface into a circular shape. Place the chapati on the heated pan. Ice a heavy pan instead of a non-stick pan because it

regulated the distribution of heat. make sure your pan is hot enough before you start cooking. Do not use a flame that is too high or too low.

12. Turn the chapati once it starts forming bubbles. Work on your next dough as you are waiting on the other chapati to cook. Once you flip your chapati apply oil on the cooked side and turn. Turn it around and apply oil of the dry side and once the other side is cooked flip it. Turn it around the pan and place it in the prepared pot. Cook the rest of the remaining dough the same way. Clean the pan using serviette or kitchen towels to remove excess oil and flour while cooking the rest of the chapatis.

13. Serve chapatis warm with curries or meats.