



Food for Thought
A Life in Four Courses

Ashiay's Chapattis (round flatbreads)



“In the South Asian culture a mother will tend to teach her children to cook from about twelve-years-old starting with the basics like dal and kneading dough for the chapattis. Chapattis are an absolute staple.”

ASHIAY MOHAMMED SHAFIQUE, FOOD FOR THOUGHT PARTICIPANT

Ingredients

2 cups of chapatti flour (and a little extra for preparation)

1 cup of lukewarm water

Method

Add the water to the bowl of flour a little at a time kneading as you go until you have soft, elastic dough without lumps (around 5-10 mins). The longer you knead the dough the softer the chapattis will be. For the best results leave the dough to rest for a while.

Sprinkle a little flour onto a flat surface or board.

Divide the dough into equal parts and shape each piece into a ball. Flatten the balls slightly and then place one onto the floured board. Roll it out into a flat disc, flouring the board again if necessary.

Heat a shallow frying pan.

Lay the chapatti on the pan and cook for about 20-30 seconds or until the surface is bubbling.

Turn it over and cook for 10-15 seconds. As soon as brown spots appear and the chapatti is raised it is done. You can also spread butter over one side.

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