

CHAPATI



Chapati is the traditional bread of India (originally from Punjab), the characteristic of this bread is its flat and round shape, similar to a piadina, it does not contain yeast, but only flour, water and salt; semi-wholemeal flour is used for the preparation. The chapati is cooked in a particular pot called tawa that spreads the heat evenly (we can replace it with a non-stick pan). In India they use to prepare a large amount of dough every morning and to consume during the day, with fish or chicken vegetable dishes.

Ingredients for 8 chiapati

- 260 g chapati flour
- Water at room temperature 180 ml
- Salt up to ½ tsp

PREPARATION:

- 1.) Put 240 g of chapati flour in a bowl (alternatively you can use 160 g of wholemeal flour and 80 g of 00 flour), dissolve the salt in the water at room temperature and then pour it into the flour a little at a time. With the help of a spoon or with your fingers, mix the flour with the water
- 2.) Then continue to work the dough on a pastry board for at least 10 minutes, until you get a firm and smooth dough, then form a ball, place it in a bowl, cover it and let it rest for 20 minutes. After the resting time, let the dough take an elongated shape
- 3.) Divide the dough into 8 pieces
- 4.) Then form balls, each weighing about 50 grams; with the help of a rolling pin, roll out the balls into thin discs measuring 15 centimeters in diameter
- 5.) While you roll out the dough, put a little flour on the rolling pin and on the pastry board to prevent the dough from sticking. Heat a pan when it is hot, cook the dough discs one at a time.
- 6.) When you see that bubbles begin to form, or in any case after a couple of minutes, turn the disc of pasta and cook it on the other side. At this point, remove the chapati from the heat and place it in a sheet of aluminum foil, close it in order to keep the chapati warm and soft and continue in this way until the discs of dough are used up.

SUGGERIMENTI INGREDIENTI:



3624 AASHIRVAAD ATTA
Wheat flour
1 kg



1960 AASHIRVAAD ATTA
Wheat flour
5 kg