

# Roti - a traditional Indian flat unleavened bread

Serves up to 28

Equipment - 2 fry pans, (electric if available) measuring cup and spoons, 2 lifts, 4 serving plates, rolling pins, pastry brush

## Ingredients

2 1/2 cups Atta or wholemeal flour

a pinch of salt

1 cup warm water - approx (add gradually and check as you go- it really can vary)

2 tablespoons ghee - approx

2 tablespoons of cumin seeds

## Method

1. Mix together flour, salt and cumin seeds.
2. Add water gradually and mix with a spoon until you think you have nearly enough.
3. Mix with one hand until you feel you have enough water. Once you can make a ball in the bowl move it to the bench.
4. Divide the dough into the same number of children as in the group. Knead them for a couple of minutes until smooth.
5. Divide the dough again into small balls matching the number of children and adults in the class. (a few spares are okay!)
6. Roll them out into circles.
7. Heat a heavy based fry pan and add about a teaspoon of ghee. Add more as you need it.
8. Lay the roti in the pan. After about 30 seconds a few bubbles should appear. Once it is lightly browned flip it over and brown the other side.
9. Remove to a plate and continue to cook the remaining roti.