

Chapattis Or Indian Flat Bread

Serves 10

Ingredients

2 ½ cups fine whole wheat flour (you can usually find this in the natural foods section of the supermarket or with the bulk foods)

2 cups water (or enough to make a soft dough)

1 pinch salt

Instructions

1. Mix flour and salt in a large mixing bowl.
2. Make a hole in flour and using your hand, mix in water to make soft dough.
3. Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour.
4. Heat a cast iron skillet over medium high heat until very hot.
5. Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute on
- 6 each side.
7. Once turned, press gently with a towel, until brown.
8. Repeat until all dough is used.

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