Roti

Recipe Source: Adapted from an original by Kate Tait

Roti is a traditional Indian flat, unleavened bread. It goes perfectly with curry as it mops up juices but still retains a little crispiness.

Equipment:
- metric scales, cups and spoons
- large jug
- mixing spoon
- large mixing bowl

Ingredients:
- 100 ml reduced-fat or standard milk
- 50 g unsalted butter
- 1 egg, lightly beaten
- 2½ cups plain flour, plus extra to dust
- 2 teaspoons castor sugar
- 2 teaspoons salt
- canola oil spray

What to do:
- Place milk, butter, egg and 100 ml water in a large jug and mix well. Place flour, sugar and 2 teaspoons table salt in a bowl and make a well in the centre. Pour liquid mix into well and stir to form a sticky dough. Using floured hands, knead on a heavily floured surface to a soft, smooth dough. Cover and stand for 20 minutes.
- Divide dough into 16 pieces and spray with oil. Spray a clean, flat work surface with the oil. Working with one dough ball at a time, use oiled hands to flatten dough on the oiled surface, tugging at the edges to stretch it out to about 15 cm wide and about 5 mm thick.
- Heat a large frying pan or barbecue hotplate to medium–high heat. Cook each roti, *pressing down as it bubbles to cook evenly*, for 1 minute on each side or until golden and slightly charred.

*Adult supervision required*