



# Roti

Season: All

Type: Basics & Breads

Difficulty: Intermediate

Makes: 30

Recipe Source: Adapted from an original by Kate Tait

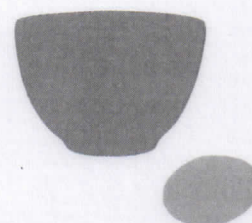
Roti is a traditional Indian flat, unleavened bread. It goes perfectly with curry as it mops up juices but still retains a little crispiness.

## 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