THE J.M. SMUCKER Co

Roti

A ubiquitous staple in India. Making roti is an art and a science. Once you get the hang of it, you can make them in a jiffy.

Prep Time	Cook Time	Serves	Difficulty
15 mins	15 mins	15	N/A

Ingredients

- 2 1/2 cups (625 mL) **Golden Temple®** Whole Wheat Atta Flour + extra for dusting

  Whole Wheat Atta Flour
- 1 cup (250 mL) water

Directions

Slowly combine flour with water in a large mixing bowl. Knead for 8-10 minutes to form soft dough. Cover with damp cloth and set aside 5 minutes.

Place dough on lightly floured work station. Knead for 1-2 minutes to smooth dough. Divide dough into 15 parts.

Heat a heavy bottom tava, griddle or skillet on medium high temperature.

Dust rolling board lightly with flour. Use rolling pin to roll dough ball into thin circle about 3 1/2” (8-9 cm) wide. Lightly dust dough while rolling to prevent sticking.

Place rolled dough on tava/hot skillet. Cook for about 15-18 seconds or until it starts to change colour and small bubbles break the surface. Use tongs to flip. Cook other side for 12-15 seconds. Flip. Use muslin cloth to apply gentle pressure on the edges while moving roti in circular motion until it puffs, 12-15 seconds. Flip and repeat on other side, 5-8 minutes.

Remove from heat. Wrap rotis in a clean dry cloth. Place in a wide air tight container.

Serve with choice of curry, dry sabzi or dal.

Some cooks add a tablespoon or two of ghee or oil to dough while kneading for a slight variation. Also try brushing roti, when done, with ghee or butter for extra flavour!

Images

