

# Roti

Season: All

Makes: 16 large roti

**Recipe source:** Adapted from a recipe by Kate Tait

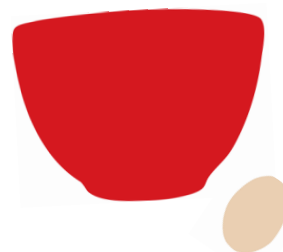
Roti is a traditional Indian flat, unleavened bread. It goes perfectly with curry as it mops up juices but still retains a little crispiness.

## Equipment:

metric measuring scales, cups and spoons  
small saucepan, for melting butter  
large jug  
mixing spoon  
large mixing bowl  
large frying pan or BBQ hotplate  
spatula

## Ingredients:

100 ml reduced-fat or standard milk  
50 g unsalted butter, melted  
1 egg, lightly beaten  
100 ml water  
2½ cups plain flour, plus extra for dusting  
2 tsp castor sugar  
1 tsp salt  
sunflower oil



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place milk, butter, egg and water in a large jug and mix well.
3. Place flour, sugar and salt in a large mixing bowl and make a well in the centre.
4. Pour liquid mix into well and stir to form a sticky dough.
5. Using floured hands, knead on a heavily floured surface to form a soft, smooth dough.
6. Cover and stand for 20 minutes.
7. Divide the dough into 16 pieces. Brush some sunflower oil onto a flat surface.
8. 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.
9. Heat a large frying pan or barbecue hotplate to medium–high heat.
10. Cook each roti, **\*pressing down with a spatula as it bubbles to cook evenly**, for 1 minute on each side or until golden and slightly charred.

\*Adult supervision required.