

Roti – Indian Flat Breads

Rotis are everyday Indian flatbreads made using Whole Wheat flour and rolling dough that are then cooked on a hot griddle until it turns golden brown on both sides.

This is probably the hardest of recipes to try and requires practice to get right. Don't be disheartened if you don't get it right the first time.

Equipment

- Rolling Pin
- Rolling Board
- Cast Iron Pan
- Casserole

Ingredients

Dough

- 3 cups [whole wheat flour](#) – Aashirvaad Whole Wheat flour
- 2 tablespoons oil
- 1 teaspoon kosher salt
- 1¼ cups water plus additional 2 to 3 tablespoons if needed.

Rolling

- 1 cup whole wheat flour

Cooking

- 4 tablespoons ghee or oil.



Instructions

For the Dough

- In a large mixing bowl, mix 3 cups of flour, salt and 1 tablespoon oil. Slowly add water, little bit at a time, mixing with your hands until a soft dough ball forms. Adding about 1 and ¼ cup of water should suffice although the weather or the brand of flour may dictate extra water sometimes.
- Add 1 tablespoon of oil to the dough and knead again until the dough is smooth. Rest the dough for 10 to 20 minutes covered with plastic wrap or place it in an airtight container.
- **If making Rotis:** Divide the dough into 18 – 20 pieces and roll each piece on the palm of your hands into a smooth round ball.
- **If making Parathas:** Divide the dough into 10 to 12 pieces and roll each piece on the palm of your hands into a smooth round ball.

Rolling the Rotis

- Take one piece of dough ball and roll to coat it completely in the dry flour. Using a rolling pin, roll the dough into a 4-inch circle. Dip each side of the circle into the flour.
- Continue to roll out the dough to a thin 8-inch circle. Dip additional flour if needed to prevent sticking to the board.
- Repeat with the remaining dough pieces.

Cooking Rotis

- Warm a griddle over medium-high heat. Once the griddle is hot, carefully place one of the rolled Rotis on the surface and cook until the bottom of the Roti turns lighter than the uncooked top, you will also see small bubbles forming on top, about 1 minute.
- With a flat spatula, flip the Roti and top it with ghee or oil, spreading it evenly over the surface with the back of the spoon. Cook the second side until it turns light brown and spotty, about 1 minute.
- Flip the Roti over once again and top the second side with ghee/oil, spreading it evenly over the surface. Cook until light brown and spotty, 1 minute or less.
- Once both sides get spotty golden brown, transfer the Roti to a plate.

- Repeat the process with all the rolled out Rotis and stack the cooked Roti one on top of the other to keep it soft and warm.
- Enjoy warm with your preferred curry!

Notes for soft Rotis:

1. Make sure the dough is not too hard or not too soft by adding little water at a time while kneading as needed.
2. Knead the dough really well after adding the oil to make sure that the dough is lump free.
3. Allow the dough to rest for 10 to 20 minutes. This step is crucial to relax the gluten. Cover the dough at this step to avoid it getting dry.
4. Roll with light hands. Do not apply too much pressure.
5. Apply ghee when the Roti is cooked halfway through or when it's almost fully cooked.