

PEARL MILLET

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This is the bread that was made in my family to take on long train journeys as it was one of the rare Indian breads that could be eaten cold. This bread is traditionally served warm for breakfast but if you were late for waking up on a Sunday you could still eat it — although once cold, it has a firmer texture than warm. I've always associated this bread with train journeys and school holidays.



Roghni Roti

INGREDIENTS:

200 g wholemeal (whole wheat)
or chapati flour
25 g pearl millet (Bajra – an indigenous
coarse grain that can grow on drier soil)
½ tsp salt
1 small finely chopped red onion
1 green chilli finely chopped
8 tbsp whole milk
50 g melted ghee or butter, plus
an extra 25 g for cooking

METHOD:

Add the flour and salt in a large mixing bowl. Make a well in the centre of the flour and pour in the milk and melted ghee or butter. Add the chopped onions and green chillies. Mix all the ingredients together with your hands until they come together to form a moist dough. On a lightly floured work surface, knead the dough until firm. If the dough is too dry, add a splash of milk.

If you do not plan to cook the roti straightaway, divide the dough into six equal pieces, place the dough in a plastic container covered with a lid and store in the refrigerator for up to two days.

When ready to cook the roti, roll each piece into a flat 13-cm/5-inch disc. Using a fork, prick each flattened roti all over.

Heat a tawa (flat iron griddle pan) or non-stick frying pan (skillet) over medium–high heat. Grease the pan with more melted ghee or butter, then cook the roti in batches on both sides. Using scrunched-up paper towels, press each roti down in the pan until brown.

The roti can be eaten either warm or cool. Once cool, wrap the roti in foil and store at room temperature for several hours.

