

LENTILS



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# Rotis

SERVE WITH PUNJAB FIVE-JEWEL CREAMED LENTILS (RECIPE 04)

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## INGREDIENTS:

200g chakki atta (stoneground wholemeal flour)  
A pinch of salt (optional)  
1 tsp vegetable oil (optional)  
50 ml lukewarm water

Salt and vegetable oil are optional in this recipe, as the food that you will eat the rotis with should have enough salt and oil in already.

## METHOD:

Sift together the flour and salt in a bowl. Stir in the vegetable oil and water, and then knead until firm. Shape into four round balls, coat with a little dry chakki atta and roll out each ball into small rounds on a flat surface.

Heat the tawa. Cook the rotis on both sides until golden brown, up to 1 minute per side.

