

Chapati

Cereals Canada Recipe and Method

Ingredient	Cups	Weight, g	Baker's %
Atta flour	2	340	100
Water*	1 ¼	294	86

* Water varies depending on atta flour used

** Amount used for commercial whole white wheat atta flour

Method

- Heat a lightly greased frying pan over medium to high heat.
- Place flour in a large bowl.
- Make a well in the flour and add the water (room temperature).
- Combine flour and water by hand until a dough forms.
- Transfer dough onto a countertop and knead with hands for 5 minutes until the dough is smooth. The dough should be soft but not sticky after kneading.
 - If the dough feels dry, add water (1 teaspoon at a time).
 - If the dough feels sticky, add flour (1 teaspoon at a time).
- Leave the dough on the counter and cover with the bowl. Let the dough rest for 10 minutes. The dough can rest for up to 45 minutes.
- Divide the dough into small pieces (~50 g) and roll each piece into a ball. A 50 g dough piece will make a dough ball approximately 2 inches in diameter.
- Using some flour on the countertop, roll out each dough ball with the rolling pin into thin circular disks to resemble the shape of a chapati. The chapati should be approximately 6" in diameter. Continue to roll the dough gradually and gently, ensuring the thickness of the chapati stays consistent including around the edges.
- Once rolled out, flip the chapati from one hand to another to remove any excess flour.
- Place the chapati in the heated pan on one side until light brown spotting occurs on the bottom (~10 seconds). Then using tongs, flip onto the other side for an additional 10 seconds. The chapati should start puffing. If it does not puff, press it lightly with tongs or a spatula until puffing starts.
- Place chapati in a bowl for cooling.
- Enjoy!