

Indian Parantha

Ingredients

- 2 cups white whole wheat flour (Chapatti Atta in the indian grocery stores)
- 3/4 cup cool water

Preparation

Using your hands, bring this together in a large mixing bowl to form a ball. Knead it in the bowl for a minute until the dough comes off your hands. Let the dough rest at room temperature for 5 minutes.

Preheat a cast iron griddle on medium low. You will have to adjust the heat after the first roti depending on how fast or slow it is cooking, every stove is different.

Divide the dough into 10 equal portions. Place one portion of dough in the palm of your hand and knead it with your other hand 10 times, roll it into a ball and flatten it slightly. Pinch it into a flat disk about 3" in diameter, lightly dust it in dry flour. On a lightly floured wooden cutting board or smooth countertop roll out to a 6" diameter circle. If it starts to stick, pick it up and dust with more flour. Place the roti between the palm of your hands and shake off any extra flour. Place the roti on the grill for approximately one minute. When the color of the roti has changed to a slightly deep tan flip the roti. There should be no brown spots on the other side. If there is, lower the heat until light brown spots appear all over the other side. Cook for another minute gently pressing down on the roti with a folded tea towel until light brown spots appear all over the other side. Flip roti one more time and cook for another minute gently pressing down with a tea towel slightly turning the roti. The roti should fill with hot air. Continue pressing gently, remove from heat and serve immediately with a dab of butter.