



QUICK & EASY WHOLE WHEAT CHAPATI RECIPE

Vata ↓, Pitta ↓, Kapha ↓ ↑ *

Makes: 8 chapati

Prep Time: 15 to 20 minutes

Cook Time: 10 minutes (about 1 minute per chapati)

*Balanced Kapha types can enjoy this recipe on occasion and in moderation; this recipe will increase Kapha in excess.

INGREDIENTS

- 2½ cups 100% whole wheat flour
- 1 cup warm water
- 1 tablespoon melted ghee (substitute with olive oil)
- ¾ teaspoon pink Himalayan salt

DIRECTIONS

1. Blend the salt and flour evenly together in a medium to large mixing bowl.
2. Add ¾ cup of warm water and the ghee and stir together; make sure all of the dry flour gets mixed in. Add more water by the tablespoon if the dough seems too dry. Ideally, you are aiming for a moist dough that is not sticky, or crumbly. If the dough is sticking to your hands, more flour can be added. If the dough is not able to hold a ball form without cracking, a small amount of water can be slowly added in.
3. Once you have found the perfect texture, knead the dough for 3 to 5 minutes.
4. Cut the dough into 8 even sections. This amount will get you about 8-inch-sized chapatis. If smaller ones are preferred increase the amount of sections.
5. Roll each section into a ball.
6. Lightly flour a clean countertop for rolling out the dough. Place one dough ball on the sprinkled flour and roll it out using a small rolling pin or chapati roller.
7. To get a circular shape, move the dough around in a clockwise direction as you evenly roll out all sides. The final chapati dough should be very thin, similar to the thinness of a tortilla. The shape may not be a perfect circle but do not worry. It will taste just as delicious no matter the shape:)

8. Once you are about halfway done with the rolling, heat an ungreased large griddle or 12-inch skillet over medium-high heat. If a cast iron pan is available this is preferable. For even cooking, it is recommended to use a large burner that covers most of the pan.
9. After rolling out all the balls, place one on the heated griddle or skillet. Make sure all of the edges are lying flat against the pan.
10. Cook the first side for 15 to 30 seconds or until bubbles start to form in the dough.
11. Flip over and cook for another 15 to 30 seconds. Then flip one last time and cook for a final 15 to 20 seconds. If the cooked chapati is hard or rubbery, you are likely cooking too long. They should be soft and flexible.
12. Place the finished chapati in a chapati warmer (best!) or on a large plate (cover with a dish towel); repeat steps 9 to 11 with the remaining uncooked chapatis.
13. Chapati is best when eaten immediately for the most softness and freshest flavor. However, they will keep for up to 2 to 3 hours by storing them in a chapati warmer or by covering them tightly with foil and storing them in an unheated oven. If you need to keep them for longer, see the storage tips below.

STORAGE & REHEATING TIPS

Chapati is best eaten freshly cooked or within 2 to 3 hours when in a chapati/tortilla warmer or wrapped in foil and placed in a warm oven.

When needed, cooked chapatis can be stored in the freezer to be reheated. For this, wrap each one individually in plastic wrap. Then store them all in a ziplock bag or airtight tupperware and place them in the freezer for up to 3 months. To reheat, place the frozen chapati in the refrigerator for several hours to thaw. Then heat a hot griddle over a medium-high setting and heat each side for 10 seconds or until warm. Serve immediately.

OPTIONAL INGREDIENT TIPS

If you are feeling daring, try adding a bit of spice to your chapati flour. Some tasty options are 1/2 to 1 teaspoon of Agni Churna or 1/4 teaspoon of turmeric, 1/2 teaspoon of cumin, and a dash of black pepper. Other ingredients such as minced cilantro or green chili can be added too. Play around a bit and see what recipes you can discover!