

# Roti, Chapati, or Phulka Recipe

## Ingredients:

1. 3 cups whole wheat flour (atta) – 360 grams
2. 1 to 1.25 cups water (or as needed)
3. 1 teaspoon salt (optional)
4. 1 to 2 tablespoons oil or ghee (clarified butter) – optional

## Instructions:

1. Take whole wheat flour (atta) in a bowl and sift it with salt if the flour has a lot of bran.
2. Add a little water, oil, or ghee, and begin mixing.
3. Add water gradually to knead the dough.
4. Continue kneading until the dough is smooth, pliable, and not sticky or too hard.
5. Once the dough is ready, divide it into small to medium-sized balls. Roll them in your palms to smoothen.
6. Flatten each dough ball and sprinkle some whole wheat flour on it. Alternatively, dust the rolling board with flour.
7. Heat the tawa (griddle) on the gas stove.
8. While the tawa heats, roll each dough ball into a flat round circle.
9. Once the tawa is hot, place the roti on it.
10. Cook the first side until it's about one-fourth cooked (less than half cooked).
11. Turn the roti and cook the second side. This side should be more cooked than the first, with brown spots.
12. Using tongs, hold the roti over the flame, cooking the first side directly on fire. The roti will start puffing up.
13. Flip and cook the second side over the flame until it puffs more. Be cautious not to burn it.
14. Remove the roti from the tawa and apply ghee or oil on top. This keeps it soft.
15. If not serving immediately, keep the rotis warm in a casserole, roti basket, or wrapped in a kitchen towel.
16. Once the rolled dough is on the tawa, the air pockets will start forming within seconds.
17. Roast the first side for about 30 seconds, observing the air pockets increase.
18. Timing varies with the type of skillet, dough thickness, and flame intensity.
19. Flip the roti with a spatula or tongs and roast the second side for about a minute.
20. Flip again to see brown spots and blistering on the second side.

21. Use a folded kitchen napkin or spatula to gently press the roti all over. This helps it puff up.
22. Continue pressing on the flat areas until the entire roti puffs.
23. If needed, flip the roti again to cook the second side for a few more seconds.
24. Transfer the puffed roti to a roti basket and spread some oil or ghee on top.
25. Place the next dough ball on the hot tawa, cooking on medium-high heat until air pockets form.
26. Flip the roti and spread some oil while it cooks. Roast the second side for 45 seconds to 1 minute.
27. Flip again, and the second side should have blisters and brown spots.
28. Apply oil on the cooked side and cook the first side again for 20 to 30 seconds.
29. Once done, transfer the roti to a chapati container or box, keeping it covered.
30. Continue making chapatis with the remaining dough in this manner.
31. Serve the roti, phulka, or chapati with any Indian meal, such as vegetable curry, paneer curry, sabji, or dal.
32. Store leftover dough in an airtight container for 1 to 2 days. Discard if the dough darkens or smells off. For storing flatbreads, keep them in a covered container or roti box.