**Malabar Parotta**

Prep time: 30 min Cook time: 30 min

**Ingredients:**

* 2 cups whole wheat flour (atta)
* 1 teaspoon low sodium salt
* 2 tablespoons oil (plus extra for layering)
* Water (as needed for kneading)
* 1 tablespoon sugar (optional, for taste)
* 1 tablespoon ghee (optional, for extra flavor)

**Instructions:**

**Make the Dough:**

1. In a large mixing bowl, combine the whole wheat flour and salt.
2. Add the oil and mix until the flour resembles coarse crumbs.
3. Gradually add water, a little at a time, and knead to form a soft, smooth dough. The dough should be slightly sticky but manageable.
4. Cover the dough with a damp cloth and let it rest for at least 30 minutes. This helps in making the dough more pliable.

**Divide and Shape:**

1. After resting, divide the dough into equal-sized balls (about 6-8).
2. Take one dough ball, and on a lightly floured surface, roll it out into a thin circle (about 10-12 inches in diameter).
3. Brush the surface of the rolled dough with a little oil.
4. Fold the dough in half, then fold it again to form a triangle or a rectangle. Alternatively, you can roll it into a log and then coil it into a spiral shape.
5. Repeat the process for the remaining dough balls.

**Rest Again:**

1. Let the shaped dough balls rest for another 15-20 minutes, covered with a damp cloth. This helps in rolling them out easily.

**Cooking:**

1. Heat a tawa or flat skillet over medium heat.
2. Roll out one rested dough ball into a thin parotta (about 8-10 inches in diameter).
3. Place the rolled parotta on the hot tawa and cook for about 1-2 minutes until small bubbles start to form on the surface.
4. Flip the parotta and cook the other side for another 1-2 minutes until golden brown, brushing with a little oil or ghee if desired.
5. Press the edges gently with a spatula to help it puff up.
6. Repeat the process for the remaining dough balls.
7. Serve hot with curry, raitha, or your choice of side dish.