Bread & baking / India

Whole-Wheat Roti (Chapati)

Unleavened whole-wheat flatbread kneaded to a supple dough, rolled paper-thin, and cooked on a tawa until it puffs into a full balloon of trapped steam — nutty, wholesome, and impossibly light.

Time 45 min **Servings** 4

What you'll need.

- ☐ 100 parts Atta (Indian whole-wheat flour)
- ☐ 55 parts Warm water
- ☐ 1 parts Fine sea salt
- ☐ 2 parts Neutral oil or ghee (optional)
- ☐ 3 parts Ghee for brushing (finish)

Let's make it.

01 Combine atta, salt, and optional oil in a large bowl. Add warm water gradually, mixing with your hand as you pour, until a dough forms. Knead in the bowl for 8–10 minutes, working the dough with the heel of your hand and folding it back repeatedly. The goal is a dough that is very soft — softer than bread dough, almost like Play-Doh — with no tears when stretched.

02 After resting, divide the dough into 10–12 equal balls, rolling each smooth between your palms. On a lightly floured board, roll each ball into a thin, even disc about 20 cm in diameter. Work from the center outward, rotating the disc a quarter turn after each roll. The ideal thickness is about 1.5–2 mm.

03 Heat a tawa or dry cast-iron skillet over high heat until very hot. Place a rolled roti on the dry surface. After 30 seconds, when the surface becomes matte and small blisters begin to appear, flip. After another 30 seconds on the second side, flip directly onto an open flame (gas hob) or press with a folded cloth — the roti will puff into a full balloon as the steam inside expands. Remove and brush immediately with ghee.

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Servings are an estimate; check quantities in the source recipe.
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