

# Griddle Baked Wheat Flour Flatbreads (Chapatis)

by Anand Lila devi dasi



*"Krishna is very kind.  
Therefore, He has given us  
his remnants of food stuff"*

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- Ingredients**
- Chapati flour.....2 C
  - Salt..... $\frac{1}{2}$  Tsp
  - Wrm water, or as needed accordingly..... $\frac{3}{4}$  C
  - Chapati flour for dusting
  - Melted ghee/butter for brushing (optional)

- Preparation :**
1. In a mixing bowl, combine the flour and salt. Make a well in the center and add enough water to make soft, smooth and kneadable dough. Cover and keep aside for  $\frac{1}{2}$  -1 hour to rest.
  2. Divide the dough into 12 equal portions and shape them into balls.
  3. Heat a griddle over moderate heat. Slightly flatten a ball between your two palms. Now, using the rolling pin, roll the ball into a thin round of 6 inches in diameter, dipping it in the flour as required, to keep it from sticking to the work surface.
  4. When the griddle is hot, transfer the rolled bread to the griddle. When the top of the chapati shows some bubble and the ends begin to curl up, turn the chapati and cook on the second side for a while.
  5. Lift the chapati with kitchen tongs and hold it 2 inches over a full flame. If using an electric stove, place a wire rack above the element and place the chapati over it. The chapati would puff into a balloon. Cook and turn once again to get a few more spots.
  6. Transfer the cooked chapati onto a plate and brush with ghee/butter if desired. Repeat the same for the remaining chapatis. Serve hot or keep them well covered in a tea towel.

**Yield:** 12 chapatis

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