

Making Chapattis

Recipe Cards



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Ingredients:

- 100g whole wheat flour
- 4 tablespoons of cold water
- 1 tablespoon of vegetable oil

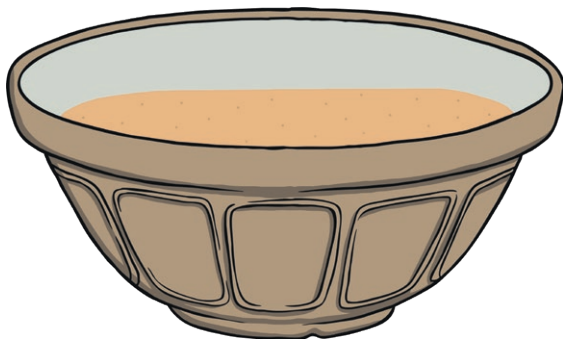
Apparatus:

- Mixing bowl
- Wooden spoon
- Fridge
- Rolling pin
- Frying pan
- Hob

Note: This recipe contains gluten.

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1. Put the flour in the mixing bowl and create a well in the centre.



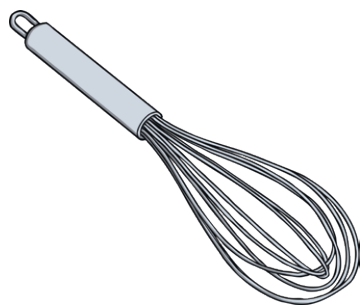
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2. Add the oil into the centre of the flour well.



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3. Bit by bit, add the water and mix everything together until you have a soft dough.

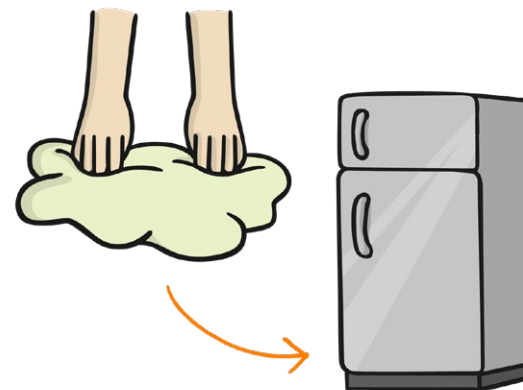


Top tip: Add a little more water if it is too dry, and a bit more flour if it is too wet.

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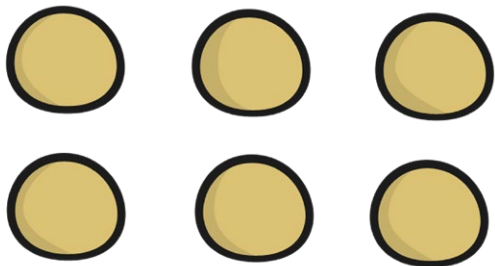
4. Knead the mixture together for around 10 minutes and then pop the dough in the fridge for about 45 minutes.



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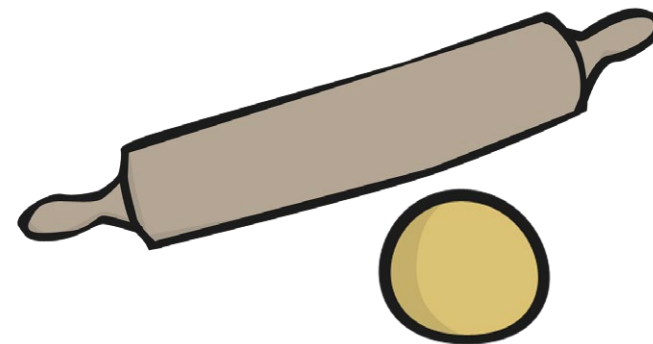
5. Take the dough out of the fridge and divide into 6 equal balls.



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6. Dust the table with a little bit of flour and roll each ball of dough out into a thin circle.



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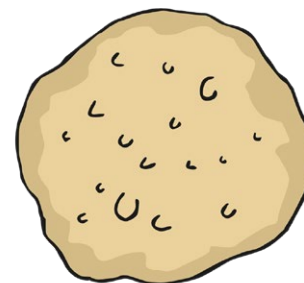
7. Heat a frying pan on the hob. Once hot carefully place a dough circle in the pan.



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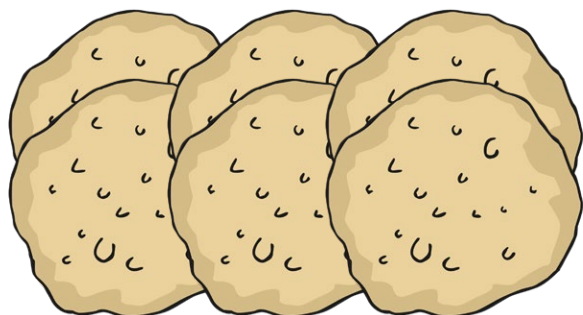
8. Once the chapatti starts to bubble, turn and cook the other side. The chapatti is cooked when the second side bubbles.



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9. Repeat steps 7 and 8 until you have cooked all 6 circles. Serve the chapattis warm.



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