

## RECIPE CARD

# MARY'S CHAPATIS

Mary hopes you enjoy this special family recipe.  
Chapatis make a great accompaniment to any curry.

PREP TIME:  
20 mins

COOKING TIME:  
2 mins each

SERVES:  
10-12



WHILE YOU KNEAD YOUR DOUGH, WHY NOT  
PRAY FOR THOSE WHO ARE YET TO RECEIVE  
THE BREAD OF LIFE IN TANZANIA?

DISCOVERY  
AIR PASS

MAC



## INGREDIENTS

- 700g/25oz plain flour
- 280g/10oz extra plain flour for kneading
- 450mL/16 fl oz warm water
- 1½ tsp salt
- Approximately 4 tbsp vegetable oil

## INSTRUCTIONS

- 01 In a large mixing bowl, add flour, salt, 3 tbsp oil and 350ml water. Stir until the salt dissolves.
- 02 Mix well and keep adding the remaining water until dough becomes soft.
- 03 Knead the dough for 10-15 minutes, adding more flour if needed.
- 04 Divide into 10-12 equal portions and roll each into a ball. Arrange them on a flat surface, and then cover with cling film. Leave to rest for 10-15 minutes.
- 05 Dusting the work surface with flour to prevent it sticking, take a dough ball and roll out until around 2.5mm thick. Try to maintain a circular shape if possible. Brush oil on top and repeat process for all of your dough balls.
- 06 Heat a non-stick frying pan on medium heat, then place the flat chapati oil-side down in the pan. Brush the side facing upwards with oil.
- 07 After about 1 minute, check the bottom of the chapati - if it is golden brown, and the top is translucent, flip it over.
- 08 After a further 30 seconds, remove the chapati from the pan and serve.