

Handmade Ginger and Cumin Chapattis

Ingredients

300g plain/ wholemeal or chapatti flour

1teaspoon of salt

1 teaspoon toasted cumin seeds

1 thumb grated root ginger

2 tablespoons oil

250 ml water

50 g butter/ghee

1. lightly toast the cumin seeds in a dry frying pan to bring out the essential oil and flavour
2. scrape the skin of the ginger with a teaspoon, and grate finely
3. combine all the ingredients except the water and mix well
4. add the water gradually until it's like a non sticky dough and knead for 2/ 3 mins.
5. break into golf ball size pieces and on a floured surface roll out until very thin.
6. place in a dry frying pan until slightly charring on both sides
7. serve with curry