



ROTI



Roti is a popular flatbread in the regions of South America that have Indian influences from places such as Suriname and Guyana.

Roti is similar to both Indian flatbreads and to tortillas. It can be stuffed with potatoes or lentils before it's cooked (dhalpuri), used as a wrap, or simply served on the side of any meal.

INGREDIENTS

- 2 1/2 cups self-rising flour, or 2 cups self-rising flour and 1/2 cup whole wheat flour
- 2 tablespoons vegetable oil
- 1 cup warm water
- Vegetable oil for pan
- Melted butter

PREPARATION

- Place flour in a bowl. Mix in the 2 tablespoons of vegetable oil.
- Add the water slowly, stirring as you go, until dough starts to come together. Keep stirring, adding a little more water if dough is still dry, until dough forms a ball.
- Turn the dough out onto counter and knead, adding a little flour if the dough is too sticky. Dough should be soft, but not sticky enough to stick to your hands or the counter.
- Let dough rest for 10 minutes, covered with a damp cloth.
- Roll out dough in a large circle, about 1/4" thickness. Spread about 1 teaspoon vegetable oil over the surface of the dough. Roll the dough up into a long roll.

- Cut the dough into 8 to 10 pieces. Roll each piece out flat into a 6 inch circle. Let circles rest, covered with damp cloth, for 5 minutes.
- Heat a flat heavy griddle or skillet over low to medium heat.
- Roll the first circle of dough out as thin as possible.
- Add about 1 teaspoon oil to the skillet. Place dough in hot skillet. Cook until bread puffs up and turns light brown on the skillet side. Slide bread to the edge of the pan with your fingers, and quickly flip to brown the other side (about 1-2 minutes).
- Remove from heat and place roti in a colander to cool. Cover roti with a damp towel while you cook the rest. Add more oil to the skillet as needed.
- Roti can be reheated just like tortillas: in a low oven, wrapped in foil, or in the microwave covered with a damp cloth. Brush roti with melted butter before serving, if desired.

Makes approximately 10 6-8 inch rotis