



Fond du Lac Public Library

Breads of the World: India

Presented 1/17/2017 by Varsha Pathare

Chapati

Ingredients

1 cup chapati flour (see note, below)

¼ tsp salt

1 tablespoon oil

⅓ to ½ cup water

Ghee (see note, below)

Directions

1. In a large bowl, mix together flour, salt and oil. Add 1/3 cup water, mix well, and knead until soft dough forms, adding more water if required.
2. Add a little bit of oil to the bowl to coat the dough. Cover and let the dough rest for 10-15 minutes.
3. Knead the dough again before dividing the dough into 5 parts.
4. Form one part into a ball and roll out into a circle about 8 inches in diameter, using flour as needed. Repeat for the remaining portions of dough.
5. Heat griddle on high heat. When the griddle is hot, carefully put the rolled chapati one at a time on the griddle. Rotate the chapati to make sure it is cooking evenly.
6. After about 30 seconds to one minute, the chapati should begin to puff up. Using a spatula, carefully check the underside. When brown spots appear, flip and cook for another 30 seconds to one minute, frequently rotating the chapati and gently pressing down with the spatula. Flip again and let the chapati cook completely.
7. Take off the heat and brush with ghee. Serve warm.

Paratha

Ingredients

2 cups all-purpose flour

½ teaspoon salt

2 tablespoons oil

⅓ cup water

Ghee (see note, below)

Directions

1. In a large bowl, mix together flour, salt and oil. Add water, mix well and knead until soft dough forms.
2. Add a little bit of oil to the bowl to coat the dough, cover and let the dough rest for 10-15 minutes.
3. Melt ghee and set aside.
4. Knead the dough again and divide into 4 parts, rolling each to form a ball.
5. Roll one ball into a circle about 6 inches in diameter, using flour as needed. Brush melted ghee to the top of the circle. Sprinkle a light dusting of flour uniformly on the surface. Fold the circle in half and apply ghee and flour as before.
6. Fold the half circle again to make a triangle. Roll out evenly using flour as required into a triangle about 8 to 9 inches across. Repeat for the remaining portions of dough.
7. Heat a griddle on high. Carefully put the paratha on the griddle and rotate the paratha to make sure it is evenly cooking. After about one minute, the paratha should begin to puff up. Using a spatula, carefully check the

underside. When brown spots appear, flip and cook for another minute, frequently rotating the paratha and gently pressing down with the spatula.

8. Spread some ghee on the top, flip over and apply ghee to the other side as well before taking paratha off the heat. Serve warm.

Ingredients & substitutions

Chapati flour

Chapati flour is finely ground whole wheat flour. The husks are removed, so the flour is more fine than typical whole wheat flour found at the supermarket. Chapati flours are usually labeled “chapati flour” or “chapati atta” or sometimes just “atta” (atta means flour). In this area, you can purchase chapati flour in Appleton at Indian Grocery, 2333 W. Wisconsin Ave., or in Milwaukee at Best Food Store, 3405 S. 13th St., or Indian Groceries & Spices, 10633 W North Ave. Chapati flour can be used in most baking, substituting for whole wheat flour or all-purpose flour.

If you cannot get chapati flour, you can sift together all-purpose flour and whole wheat flour in a 3:1 ratio (3/4 cup all-purpose flour plus ¼ cup whole wheat flour to make 1 cup). This will estimate the consistency of chapati flour, although it may be a little tougher.

Ghee

Ghee is clarified butter, which means the butter has simmered over low heat until all the moisture has evaporated and the milk solids have separated. The milk solids sink to the bottom of the pan and what is left over is pure golden, liquid butter. Ghee is an ideal fat for frying because its smoke point is 482 °F, well above most vegetable oils. In this area, you can purchase ghee in the natural food section at Festival Foods.

You can make ghee at home. Here’s a recipe that makes 2 cups:

Ghee

Ingredients

1 pound of unsalted butter

Equipment: A medium-sized saucepan, wire mesh strainer, cheesecloth, spoon, 16-ounce or larger measuring cup and a clean jar for storage

Instructions

1. Cut the butter into cubes and place in the saucepan.
2. Heat the butter over medium heat until completely melted. Reduce to a simmer.
3. Cook for about 10-15 minutes (this will vary based on how hot your stove is). During this time, the butter will go through several stages. It will foam, then bubble, then seem to almost stop bubbling and then foam again. When the second foam occurs, the ghee is done. At this point, the melted butter should be bright gold in color and there should be reddish brown pieces of milk solids at the bottom of the pan.
4. Let cool slightly for 2-3 minutes and then slowly pour through the wire mesh strainer lined with several layers of cheesecloth. Pour the ghee into a clean jar. Discard the solids.

Ghee will last up to a month at room temperature and longer in the fridge. Use as a cooking oil for stir-frying, to top sweet potatoes or melted on steamed/roasted vegetables. Ghee has a much stronger flavor than butter.