

## Chapati

This is an alternative to a whole wheat yeast bread, which can be made in a fraction of the time. It has all the same heart benefits as whole wheat bread.

1 cup whole wheat flour  
1 cup unbleached white flour  
1 tsp. salt  
1 cup warm (90-100 degrees) water

In a food processor or electric mixer, blend the flours and salt. With the motor running, slowly drizzle in the water until the dough clumps together into a ball and pulls away from the sides of the bowl. (you will not need all of the water – use only what is needed for the dough to come together). Turn the mixer to high speed, and knead for 2 minutes.

Cover the bowl with a moist cloth, and allow the dough to rest for at least ½ hour, and as much as over night.

Knead the dough by hand for about a minute, then divide it in half. Roll each half into a cigar-like shape, and break off pieces of dough about 1 inch long. Each half should make about 5-6 balls.

On a well floured surface, flatten a dough ball with your hand, then roll it into a round about 6 inches in diameter. The round should be less than ¼ inch thick, and of even thickness. Repeat with the remaining balls of dough. DO NOT layer the rolled breads – they will stick together and be unmanageable.

Heat a cast iron griddle or other heavy skillet over medium high heat. When the griddle is hot, place one of the rounds of dough on the center of the griddle. It should begin to puff up within a minute. Press down on the air pocket with a spatula for about 15 seconds, then flip the bread with a pair of tongs. It should be lightly browned. Continue to cook for about another minute, checking to be sure it is not burning.

Place the first bread in a basket or serving bowl lined with paper towels, and cover tightly with a kitchen towel. Repeat with the other dough balls.

This dough will keep for several days in the refrigerator, so you can easily make a chapati or two every day until the dough runs out. Bring the dough to room temperature before rolling and cooking.

Chapatis are great with all of the stews and lentil dishes in this recipes section.