

East African Chapati

→ BY WILLOW WELTER

Adult Help Needed.

Chapati is a thin, round flatbread common in East Africa. Children in Rwanda enjoy it as a snack with milk or tea, or as a meal with stew. Serves 4.

Ingredients

- 2 c. white flour
- ½ tsp. salt
- 1 tbsp. plus 2 tsp. vegetable oil, divided
- water, as needed (about ¼ c.)
- 1 tbsp. shortening or cooking oil

Directions

- 1 Mix together flour and salt. Add 1 tbsp. vegetable oil and mix with your hands.
- 2 Slowly add some water and knead it in, adding more as needed until elastic dough is formed.
- 3 Divide dough into 4 equal parts. With your hand, flatten 1 dough ball into a circle on a lightly floured surface and spread ½ tsp. oil over it. Roll it up like a jellyroll, then roll it up again so it resembles a snail shell. Repeat for each piece.
- 4 Let dough rolls sit at least 20 minutes, or up to 8 hours.
- 5 With lightly floured rolling pin, flatten balls into 10-inch circles.
- 6 Heat shortening or cooking oil in a frying pan, then add a dough circle. Fry, turning once, until each side is golden brown and spotted, about 3 minutes per side. Repeat for each piece.

