



Many people use part of the emergency rations that are distributed in times of crisis to make flatbread. They eat this in the late morning for breakfast. Other times they use the bread to scoop sauces made from lentils, meat, or vegetables. Chapatti, or flat bread, is commonly eaten around the world, including East Africa and northern India. (Makes 12)

Ingredients

Whole-wheat flour, 2 cups

Oil or ghee, 2 tablespoons

Warm water, 3/4 to 1 cup

Salt, 1/2 teaspoon

Method

1. Mix the flour and fat together using your hands.
2. Stir the salt into the water and add the water, a little at a time, until you have a soft, kneadable ball.
3. Remove to a floured surface and knead for 8-10 minutes, or until smooth and elastic.
4. Remove the dough to a lightly greased bowl, cover, and rest for at least 30 minutes (and up to 2 hours).
5. Return the dough to a floured work surface. Roll the dough into a long piece and cut it into 12 separate balls.
6. Dust the dough balls with a little flour and roll each one out into a very thin round about 6 inches in diameter.
7. Heat an ungreased, heavy skillet over medium heat. Add a dough round and press down gently with a spatula or the back of a spoon.
8. Cook until lightly browned, flip and brown on the second side. Repeat with all rounds.