

Source: YouTuber **TheCoconetTV**

Roti: Fijian & Indian Style Flatbread

Every culture has its own version of flatbread! Mexico has tortillas, Lebanon has pita bread, Fiji has Roti!

Ingredients:

2 Cups Flour

1 Tsp Salt

1 Cup Boiling Water

1 Tsp Butter



Step 1: Mix together flour and salt. Make a well in the flour and add in butter and enough hot water on top to melt the butter. When the butter is melted, add in the remaining hot water.

Step 2: Knead the dough on a floured surface until it comes together nicely into a big soft ball. Don't overwork the dough, this kneading step only takes a few strokes.

Step 3: Divide the dough into 7-8 balls. Lightly flour the dough balls and set them aside.

Step 4: Flatten out a ball with your hands, and then roll it out flatter with a rolling pin. It doesn't have to be perfectly round! Just make sure it is nice and large. Repeat with all the remaining dough balls.

You will need **oil** for cooking: avocado oil, safflower oil, and canola oil are all good neutral oils with a high smoke point (meaning your food will not burn before it is cooked!). If you don't have these, olive oil or butter will work too! Just be careful to keep your heat on medium.

Step 5: Heat a nonstick pan. Put a small amount of oil in the bottom of the pan, then add one of your flattened roti balls. When the roti puffs, flip it over, dip a spatula or small towel in oil and push the puffy roti down evenly with it. The roti will be cooked on the second side in about 15-30 seconds. Remove the cooked roti from the pan and place between towels to keep it warm.

Step 6: Repeat with the remaining rolled out roti. Serve warm and enjoy!



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