



Roti

Courtesy of the Vancouver Chapter



Roti is a flatbread that often accompanies meals. Traditionally known as atta, it is usually made of stoneground wholemeal flour. It is consumed in India, Pakistan, Nepal, Sri Lanka, Singapore, Maldives, Malaysia and Bangladesh. A newly diagnosed member needed a recipe for Roti as she was not having success recreating the Roti gluten-free. Thanks to **Pushpa Kapadia** for assisting and providing this recipe.

Ingredients:

- 1/2 cup brown rice flour
- 1/2 cup sorghum flour
- 2 tbsp of psyllium husk
- 1 tbsp of coconut oil
- And hot water as needed to make the dough.



Directions:

1. Mix all ingredients together except water.
2. Once all mixed, then use hot water to make the dough. Use water little bit at a time while mixing.
3. Knead the dough.
4. Rub with a little coconut oil, cover and let rest for at least ½ hour.
5. Use a griddle or cast iron fry pan and heat on medium heat.
6. Form into ball and roll out on parchment paper. Aim for a 6" – 8" circle.
7. Place flattened circle in pan and when you start to see bubbles on top side flip the roti.
8. When the underside of the roti starts browning and the roti starts to puff, it is ready to be removed from the pan.
9. Place finished roti on a clean dry towel and if you like brush with ghee or coconut oil. Fold over towel while you cook other rotis.