

Himilayan heritage bread

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Ingredients

- 1/2 cup ragi flour
millet flour
- 1 cup whole wheat flour
- 3/4 cup water
- 1/2 cup black lentils soaked
overnight in room
temperature water
- Pinch of red chili powder
- Pinch of ajwain *caraway seeds*
- Salt to taste
- 1 teaspoon chopped cilantro
- 1/2 teaspoon garlic minced

Instructions

Step 1: soak the black lentils in water overnight

Step 2 prepare the dough

Mix 1/2 cup of ragi flour with 1 cup of whole wheat flour

Gradually add 3/4 cup of water(or as needed)

And knead to form a smooth dough

Check the dough – it should be soft not too hard and you should be able to flatten the dough

Flatten with a rolling pin and add more water as needed.

Step 3 prepare the stuffing

Drain the soaked lentil and grind, mix with chili powder , ajwain, and salt, chopped cilantro and garlic.

Step 4

Assemble the roti

Divide into 6-8 balls -flatten each ball slightly , add stuffing and seal

Flatten the sealed dough again with a rolling pin to make a roti shape

Step 5 cook the roti

Cook on a hot plate or griddle for 1-2 minutes.

