Disclaimer

We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.







Ingredients

450g durum wheat flour

- 175ml water
- $\frac{1}{2}$ tsp salt
- 1 tbsp vegetable oil

Equipment

Hob

Medium mixing bowl

Frying pan

Rolling pin

Fish slice

Makes approx. 12 rotis.

Method

- 1. First, mix the flour, salt, oil and water until it is combined and pulls away from the sides of the bowl.
- 2. Put the mixture onto a well-floured surface and knead it until it is smooth (about 10 minutes).
- 3. Split the dough into 12 equal parts and roll into balls.
- 4. Flatten each ball with the palm of your hand. Then, use a rolling pin to roll each ball out until it is about 20cm across.
- 5. Preheat an un-oiled frying pan on a medium-high heat.
- 6. Cook each roti for one minute on each side. They should have some darker brown spots when they are cooked.
- 7. Enjoy your rotis warm with some yummy haleem stew or chicken karahi!



