



Roti

SERVES: 16

INGREDIENTS:

- 100ml reduced fat milk
- 50g unsalted butter, melted
- 1 egg, lightly beaten
- 100ml water
- 2 ½ cups plain flour, plus extra for dusting
- 2 tsp caster sugar
- 1tsp salt
- Sunflower oil, for working the dough



METHOD:

1. Preheat the oven to 50°C.
2. Prepare all the ingredients based on the instructions in the ingredients list.
3. Mix the milk, butter, egg and water in the jug.
4. Mix the flour, sugar and salt in the bowl and make a well in the centre.
5. Pour the liquid into the well and stir to form a sticky dough.
6. Sprinkle flour generously onto a clean, dry workbench and your hands.
7. Knead the dough on the bench until it is soft and smooth.
8. Wrap in plastic and leave to rest for 20 minutes/
9. Clean and dry your workbench.
10. Divide the dough into 16 pieces. Brush some sunflower oil onto your workbench.
11. Use oiled hands to flatten each piece of dough on the oiled surface. Stretch the edges to make a disc about 15cm wide and about 5mm thick.
12. Heat a large frying pan or barbecue hotplate on medium- high heat.
13. Cook the roti for 1 minute on each side or until golden and slightly charred. *Press them with the spatula as they bubble so they cook evenly.
14. Using tongs, transfer the cooked roti to a baking tray and cover with foil. Put them in the warm oven until they are ready to eat.