



# red onion & ghee CHAPATI

Chapati is much beloved in my country Kenya. There are many ways of cooking this flat bread. My red onion and ghee chapati is one of many.

## Ingredients

All purpose flour

1/2 a teaspoon of sugar

1 cup of hot water

Ghee

1 teaspoon of salt

1 small red onion, grated

## Method

In a bowl, pour your water, sugar and salt and mix it in. Bit by bit, add the all purpose flour, mixing in after each addition. Add your grated onion and ghee and kneed them into the dough. Once the dough sets, stop adding flour and kneed it until it stops sticking to your fingers and/or your bowl. Cover with a damp cloth or cling film and allow it to rest for an hour.

Divide your dough into tangerine sized balls and roll them out. Cut it from the center outwards and roll it around its circumference to form a cone. Fold the tip of the cone into its inner part to form a ball. Set these aside.

Begin rolling out your chapatis.

Put some oil on a heavy pan and let it become hot over a medium heat. Put your rolled out chapo dough on your hot pan. Once one side is done, flip it and smear a small amount of ghee onto the surface. It will take about 1-2 minutes for each side to get the golden brown color. Do the same for the other side. The chapati will be ready once they are beautifully golden brown.

Remove from the heat and serve.



**SERVE WITH:** your favorite meat stew and your favorite veggies or salad

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