

CHAPATI RECIPE – BY WILLIS AWANDU (KENYA)

Chapati (Swahili name for flat round bread) has a high craving in East Africa and especially Kenya. It originated from India during the pre-colonial trade era when the Indians settled at the East Coast of Africa at the place currently known as the Indian Ocean in Mombasa.

Chapati is a major dish during Christmas season. It forms a major component of the menu to all the households during Christmas even for people earning less than a dollar a day. Nobody can dare miss chapati on Christmas.

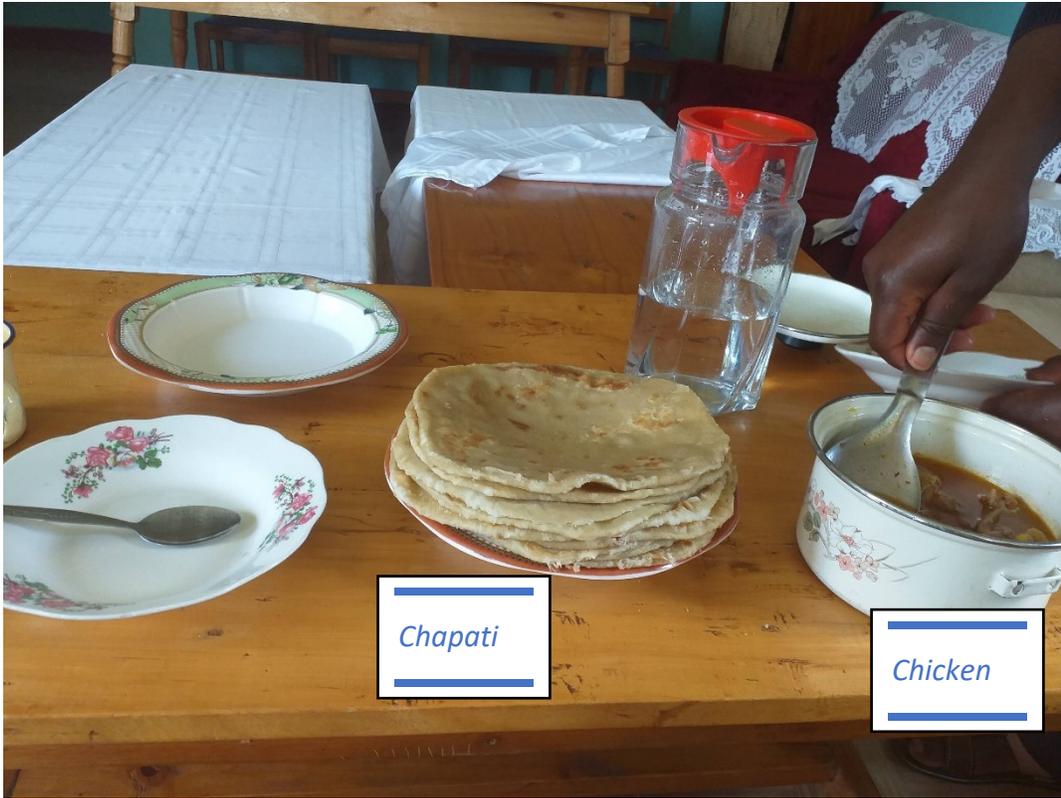
Chapati is made wheat flour mixed with water, salt and oil to make a dough.

Ingredients

- ❖ 4 cups of all-purpose baking flour
- ❖ cooking oil
- ❖ 1 teaspoon sugar
- ❖ Salt to taste
- ❖ 2 cups of warm water

Procedure

- ❖ Pour the baking flour into a large bowl and add sugar, salt, two spoonful of cooking oil and knead until you achieve a smooth tender dough.
- ❖ Cover the dough and let it rest for about 10 minutes.
- ❖ Roll the dough into a large chapati using a rolling stick and smear some cooking oil.
- ❖ Roll the big chapati into a long shape and then make coil shapes.
- ❖ Place the coil shapes on your work table and roll them into flat round shapes.
- ❖ Place a non-stick frying pan on medium heat and add some oil.
- ❖ Place the rolled chapati and let it turn golden before turning over the other side. Add oil as needed to achieve best results. Remove from heat and place in a hotpot or your preferred storage container
- ❖ Continue the process until all the dough is finished.
- ❖ You can now serve your chapati hot with a stew of choice.



Chapati

Chicken



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Chapati dish I prepared to my friends during my Goodbye party to Kenya (photo by Casimir)