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