

White Roti

(Photo page 115)

Makes 8 rotis

- 240 g (2 cups) flour
- 30 g (1/4 cup) mealie/corn meal
- 12,5 ml (1 tablespoon) ghee
- 225 ml (1 cup) minus 2 tablespoons of boiling water
- 25 ml (2 tablespoons) milk or malaai (skimmed cream from boiled milk)
- pinch of salt
- 1/2 cup melted ghee for smearing

Note:

If not using malaai, add one more tablespoon ghee.

Dough:

1. Pour boiling water over mealie meal. Let cool slightly, then add ghee, milk, salt and mix well.
2. Add flour and knead into soft dough. Cover with cloth and let rest for at least one hour before rolling.

Rolling:

3. Divide dough into 8 portions. Roll each out to 22 cm diameter circles. (Size of side plate).
4. Brush whole rotis with melted ghee, fold roti over in half, brush folded portion with ghee, sprinkle with flour and fold over again.
5. Take this triangular shaped dough, knock back corners, and form into a round bun. Roll out into a circle (22 cm) till it is 2 mm thick. (Size of dinner plate).
6. Put on hot griddle, turning it over every now and again till it is lightly freckled. Brush over 10 ml (2 teaspoons) ghee on either side till roti is freckled and a deep colour.

Electric frying pans are ideal for making rotis.

Short Cut:

1. Roll out all the dough into a large rectangle (big enough to give you 8 squares of 22 cm). Brush ghee all over. Sprinkle with flour and cut in 8 squares. Fold each square into a half, brush with ghee, then fold over again to form small square.
2. Knock back edges with palms to make it round, then roll into circles. This saves a lot of time.

Note:

1. Smear rotis, keep well in fridge or freezer. When needed, thaw dough at room temperature, and roll out and grill.

To Freeze:

Once rotis are made, allow them to cool completely, then put them in a plastic container with layers of plastic sheets between them. When needed put them into a hot oven, or if you have a microwave, put frozen roti on kitchen paper and microwave on high for 40 seconds to 1 minute.

Those on low-fat diets can prepare roti dough as mentioned here. Smear each roti with just 5 mls of melted ghee when rolling. Do not add any ghee when grilling.

Whole Wheat Rotis

Brown Flour

- 120 g (1 cup) unsifted or whole wheat meal
 - 120 g (1 cup) white flour
 - (or should you prefer use 240 g of unsifted meal)
 - 18 ml (1 1/2 tablespoons) ghee
 - 180 ml (3/4 cup) warm water
 - 60 ml (1/4 cup) warm milk
- } mix together

Dough:

1. Mix flour with salt and ghee. Use just sufficient milk/water to form a soft roti dough. Rest for at least an hour or two.
2. Proceed rolling as for white rotis, but remember keep your brown rotis a little thicker. The better that way.

Rotlas

Mealie Meal/Corn Meal Rotis

- 120 g (1 cup) mealie/corn meal/makkay atta
- 120 g (1 cup) flour
- 2 ml (1/2 teaspoon) salt
- 18 ml (1 1/2 tablespoons) ghee
- 250 ml (1 cup) boiling water

Dough:

1. Moisten mealie meal with just sufficient water to coat all grains well and it looks pasty (quite). Break down all lumps when slightly add ghee and salt.
2. Now add flour (the moisture in your mealie should be sufficient to absorb the flour and you not have to add more water) and make into dough. Should it look too dry you may add water from tap.
3. Divide into 4 portions. Roll each between palms till no cracks are visible.
4. Roll each out to 6 mm thick circles (you may find it easier to roll between sheets of plastic if the dough is inclined to be sticky.)
5. Put on hot greased griddle and when underneath is lightly freckled, turn over and freckle the other side. The rotla will now be seen to be puffing. The gentle taps on edge of puffs will aid the rotla to balloon out. Freckle both sides once till done.

Note:

Rotlas are normally served with small container of melted ghee at table, but should you wish to dip with ghee on griddle, then use a dessertspoon of ghee on either side of each rotla.

Note:

(See also mealie meal casserole where dough is prepared over curries and baked in oven. Page 63).