

# Chapatis

From Myra Levin's blog at Hale Pule Ayurveda, I finally got the courage to make chapatis, a thin pancake-like bread of unleavened whole-grain flour cooked on a griddle in just minutes. By making many "mistakes," I learned that you can't go wrong. If you undercook one, pop the chapati back on the griddle. Overcooked, it gets crisp like a cracker. The heat and timing equation will vary, so look for air bubbles when cooking. When the dough stops bubbling, that is the time to flip. Use a whole-wheat or gluten-free baking flour for the best results.

## SERVES 2

Prep time: 15 minutes

Cook time: 10 minutes  
per chapati

1 cup whole-wheat or  
gluten-free flour, plus  
1 tablespoon, for rolling

Hearty pinch Seasonal Spice  
Blend (pages 60–63)

½ teaspoon salt  
(pink, mineral, or sea)

½ cup water

1 teaspoon Ghee (page 58),  
plus additional for cooking

1. Combine 1 cup of flour, the spice blend, and salt in a medium bowl.
2. Mix in the water and the ghee until completely blended.
3. Sprinkle the remaining 1 tablespoon of flour on a flat surface, and roll a handful of dough in your hands to make a ball. Set the ball of dough on the edge of the floured surface and repeat until all the dough is in balls.
4. Add more flour to the surface if needed, and flatten one ball of dough with your hand. Flip to keep it from sticking to the surface, and continue to pat the dough until it is almost as thin as a pancake.
5. Melt the ghee on a griddle or skillet on medium heat. When the ghee is very hot, place the flattened dough on the hot griddle. Cook for about 3 minutes, flip, and cook for another 3 minutes. The chapati is done once it has bubbled and those bubbles are lightly brown on each side.
6. Remove to a plate and cover with a towel while you repeat steps 4 and 5 for the remaining dough.

→→→ **Serving tip** Serve alongside dals and soups, or simply with ghee, or with the avocado mash for a rich and nourishing delight.

🌸 **Season** Year-round

🌿 **Dosha** All