

Recipe for Dal and Chapatis

Chapatis

Ingredients

- 1 cup whole wheat flour
- 1 cup unbleached, all- purpose flour
- ½ teaspoon salt (optional)
- 2 tablespoons vegetable oil + a little more
- ½–¾ cup water
- A flat wooden board
- A rolling pin
- A heavy skillet (cast iron is best)



NOTE: Chapatis are best made with a partner, so you can keep the process moving without the rolled-out dough drying out.

Instructions

- 1) Mix the flour and salt in a bowl. Rub in the oil until it's evenly spread through all the flour. Add ½ cup of water, and knead the dough together. If it is still too dry to hold together in a ball, add a little more water to the mixture, continuing to knead. (You do not necessarily need to use all the water.) When the dough sticks together well in a ball, take it out of the bowl and put it on a flat wooden surface.
- 2) Put a little oil on your hands, and knead the dough, pushing it down and folding it over, for about 10 minutes, until the dough is stiff and smooth.
- 3) Start heating the skillet now so it will be nice and hot when you're ready for it. You'll be cooking the chapatis on a dry skillet, so don't put anything in the skillet for now. If you're using a cast iron skillet, it won't hurt it to heat up with nothing in it.
- 4) Break the dough into round balls, each about the size of a golf ball. You should get about 12 equal pieces.
- 5) Take each small ball and flatten it slightly with the palms of your hand.
- 6) Using a rolling pin, roll out one little ball at a time on a lightly floured surface. Each chapati should be about 6 inches in diameter. Try to make them as round as you can. It's best not to roll out more than about three at a time, so they don't dry out while they're waiting.

Chapatis (continued)

- 7) Cook each chapati for about 30–45 seconds, then turn over and cook on the other side, and turn over again several times if necessary. It's a good sign if your chapati puffs up if you press on it once with the flat part of the spatula. Don't worry if your chapatis have slightly burned spots here and there. That makes them delicious and authentic!
- 8) After each chapati is cooked, brush it lightly with melted butter or margarine. Keep them warm for serving. They're also delicious eaten hot off the griddle.

Mung Bean Dal

Note: You can use any dried lentil as a substitute bean.

Ingredients

- 1 cup mung beans
- 1½ tsp. cumin seeds
- ½ tsp. powdered ginger
- 1 tsp. curry powder
- ½ tsp. ground coriander
- ¼ tsp. garlic powder
- ¼ tsp. of salt (or add a little soy sauce to taste at the end)
- A little lemon juice helps bring out the flavor
- Optional garnish: 3 Tb. minced fresh cilantro and a diced tomato

Instructions

- 1) Cook 1 cup of mung beans in 3½ cups of water for about an hour, until they are soft.
- 2) Sauté one diced onion in vegetable oil until limp.
- 3) Add all the spices and sauté two minutes.
- 4) Add the cooked mung beans (and lemon juice) and cook everything together for about 10 minutes. Let sit while you cook a pot of rice to serve with it. Add garnish if desired.

Use your fresh chapatis to scoop up delicious bites of dal and rice—no forks needed!