

PARATHAS

Makes 8

200g wholemeal plain flour
200g white self-raising flour
1½ tsp fine salt
1½ cups water
100g ghee, melted

1 Mix the flours and salt in a large bowl, then add the water and mix well. Knead for 5 minutes, until a smooth dough forms. Wrap with cling film, then set aside for 30 minutes to rest.

2 Divide the dough into 8 pieces and roll each out to a 20cm disc on a lightly floured board. Brush each side with ghee, then cook on a griddle set to medium for 1 minute each side until golden, crisp and flaky. Serve immediately.