

Urad Dal Roti

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Urad dal is rich in protein, fiber, and essential nutrients, making these chapatis a healthy choice.

INGREDIENTS:

- Whole wheat flour: 2 cups (plus extra for dusting)
- Urad dal: 1/2 cup, soaked for 3-4 hours and finely ground
- Cumin seeds: 1 teaspoon
- Asafoetida (hing): A pinch (optional)
- Green chili: 1, finely chopped (optional)
- Ginger: 1 inch, grated
- Coriander leaves: 2 tablespoons, finely chopped
- Salt: to taste



PREPARATION:

- Prepare Urad Dal: Soak the urad dal for 3-4 hours. Drain and grind it into a smooth paste.
- Combine Ingredients: In a large bowl, mix the whole wheat flour, ground urad dal paste, cumin seeds, asafoetida, green chili, ginger, coriander leaves, and salt.
- Knead the Dough: Gradually add water and knead to form a soft and pliable dough. The moisture from the dal paste will help in binding, so add water cautiously.
- Rest the Dough: Cover the dough and let it rest for about 20-30 minutes.
- Roll and cook the rotis as usual.
- Serve hot.