



Red Rice Flour Rotis

SAUCES, SPREADS AND BASICS

Ingredients:

- Rice flour (Whole grain is preferable but the recipe works with white rice flour too - for the recipe video we used red rice flour): 2 cups
- Turmeric powder - $\frac{1}{2}$ teaspoon
- Cumin seeds - $\frac{3}{4}$ teaspoon
- Salt to taste Water: 3 cups

Method: Add your cumin seeds to a non-stick pot and dry roast until they become fragrant and golden brown.

Add your water, turmeric powder and salt to taste. Allow the liquid to come to the boil, then add your rice flour and reduce the heat.

Mix until everything is combined. You may see some specks from the flour in the mix, this is fine as they will dissolve during the next step and when you knead the dough.

Next, you will have to rest your dough for 30-40 minutes - for a couple of reasons, one, to cool down so you can handle the dough and secondly, to allow the fibers and proteins in the dough to relax. This will help to achieve the desired flakiness and rise.

Once cool knead and bring the dough together, you will need to have patience with this step as it can take a good 7-10 minutes. Keep going, it will come together.

Once the dough has come together remove a piece and make a disk shape, dust with rice flour and start to roll using a rolling pin. Ensure that you keep moving it around so that it doesn't stick. Roll out the dough to $\frac{1}{4}$ cm thickness.



Red Rice Flour Rotis

SAUCES, SPREADS AND BASICS

As the dough is gluten-free and we have not used any oil in the process when rolling out sometimes the edges can fray, for this reason, I use a side plate to cut out a round.

I also make smaller rotis for my 2-year-old daughter using a round cookie cutter. Turn your non-stick fry pan to medium-high then place your roti in, allow to cook for about a minute on one side. Move it around the pan using a clean kitchen towel so it doesn't stick and cooks evenly.

Turn the roti and allow to cook until you see it rise and an air pocket form.

You may need to turn it again, especially if you prefer the roti's to be more golden brown.

Serve with a dry curry and your favorite chutney, enjoy!

Page 2 of 2 for recipe