

## Dal Ki Roti

Makes: 8 Rotis

### Ingredients

- 2 cups of whole wheat flour
- ½ cup of green moong dal, soaked for 5-6 hours
- ½ cup of curd
- 1/4 tsp of turmeric powder
- 1/2 tsp of cumin powder
- 1/2 tsp of chilli powder
- 2 tsp of ghee + 4 tsp of ghee for roasting
- Salt to taste

Recipe:

To make the dough:

- Meanwhile, measure out the atta and add the cumin powder, chilli powder, and salt to taste. Mix well to combine the dry ingredients.
- Add the soaked dal and curd to this and start kneading into a soft dough that's not sticky. You can add more water if needed.
- When the dough comes together, add the ghee and knead again to get a smooth, elastic dough, around 5-6 mins of kneading should be enough.
- Set the dough aside for 30 mins or so before making the rotis. You can also refrigerate this up to 2 days.

To make the rotis:

- Heat an iron tawa or non stick pan
- Make large lemon-sized balls with the dough and flatten between your palms.
- Dust generously with atta and roll into an even thin circle. Dust off the excess flour and place on the heated tawa.
- Let one side cook before flipping over. You can add more oil or ghee if needed. If you plan to pack the rotis or keep for a while before eating, then I recommend adding a few drops of ghee when cooking to maintain softness.
- When both sides are cooked to a golden brown with dark brown specks, you are done.
- Stack dal rotis on a plate and serve hot with curd or vegetables.