



Millet Flat Bread

By Petrina Verma Sakar

Image By Methi Jowar Roti

Ingredients:

- 2 cups bajra atta (millet flour)
- 1 teaspoon salt
- 1/2 cup ghee

1. Put the millet flour and salt in a large, deep mixing bowl. Make a well in the center.
2. Pour a very small amount of water into this well and start to blend the millet flour with it. Keep mixing till the flour and water start to come together. DO NOT add too much water as your dough will become sticky if you do! Add very little at a time as required to make the dough come together. We are aiming to make a medium-firm dough so add water only as required. Once the flour and water are mixed well, start to knead and continue till you have a smooth, medium-firm dough. When the dough is done, cover with cling film and keep aside for 10 minutes.
3. Now heat a griddle on a medium flame.
4. While the griddle is heating, divide the dough into equal-sized portions - you should get about 7-8 for this recipe - and roll them between your palms, into smooth balls.
5. Lightly flour a rolling surface or board with some millet flour. Take one ball and press it flat. Use a [rolling pin](#) to roll this ball out into a circular shape about 6" in diameter and approximately 6-8 mm in thickness. When done, pick this circle up from the rolling board and put it onto the [hot griddle](#).
6. Soon you will see tiny bubbles rise on the surface of the flat bread. This is the time to do the first flip - turn the flat bread over with a spatula. As soon as the first flip is done, drizzle a bit of [ghee](#) / coconut oil on the upper surface and spread well all over the flat bread. Flip again in 30 seconds and [drizzle oil](#) on this surface too. The flat bread is done when both sides are slightly crispy and [golden brown](#). Repeat the process with each ball of dough till all are used up.
7. Enjoy piping hot with a dish of your choice!