

Crispy Pan-Fried Bread Recipe

(Roti Prata)

Ingredients:

500 g plain (all-purpose) flour, sifted
1 teaspoon salt
1 teaspoon sugar
125 ml lukewarm water
4 tablespoons lukewarm milk
150 g vegetable ghee or melted margarine
Vegetable or meat curry gravy, to serve

Method:

Combine flour, salt, and sugar in a mixing bowl. Mix in water, milk and 2 tablespoons of the margarine with your hands and knead gently but constantly for about 7 minutes, adding more water or flour as necessary for a soft, coherent dough. Pinch off pieces the size of large plums and shape into balls. Roll balls in remaining margarine to coat and place on a plate. Cover with plastic wrap and let stand in a cool place for 45 minutes. Have a frying pan, preferably non-stick, ready over medium-high heat. Lightly grease a work surface or large chopping board. Place a dough ball on it and dab with a bit more melted margarine. Flatten lightly with your fingers, then stretch dough outwards, working from the center all the way to the edge and moving clockwise or anticlockwise around the circle. Try to make dough as evenly thin as you can.

Fold two opposite edges to the center and then the other two edges, to make a rough square. Drop bread into pan, folded side downwards, and fry for 2 to 3 minutes or until underside is browned. Flip bread and fry to brown other side, 2 minutes more. Transfer to a plate. Repeat with remaining dough balls. Just before serving bread, stack them and clap them very quickly between your hands so they crumple up. They will spring back into shape, but their internal layers will now be fluffed up. Serve with plenty of curry gravy on the side.

Note: Crack an egg onto the stretched dough and smear it out with a fork before folding and frying. Large bread folded around minced meat, onions and egg before frying are called murtabaks.