

ELIZE'S BEST FLAKY ROTI



By Food lovers recipes

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- 3 cups of cake flour
- 1 teaspoons of salt
- 2 tablespoons sunflower oil
- 1 cup of luke-warm water
- 100 grams of butter

Mix all the ingredients except the butter together in a large bowl, until a soft dough is formed.

If too sticky just add a little more flour, about 2-3 tablespoons.

Knead for a minute.

Break the dough to form seven small balls and roll each one out on a lightly oiled surface to form round flat discs.

Spread a thin layer of butter on the discs, roll them up to form a long thin sausage.

Roll up each end of the sausage to form an s-shaped roll and then fold one side on top of the other.

(see photo)

Cover with cling wrap and put the roti in the freezer for 30 minutes or in the fridge for a few hours.

Roll out each roti the size of a dinner plate and fry in a hot frying pan until it is golden.

Flip and fry on other side (around 40 seconds on each side).

When done, scrunch the roti a little with your hands to make it flaky.

Roll out your roti dough as thin as possible and keep your surface always oiled with a tiny bit of vegetable oil, keep your butter at room temperature... this ensure a very light, fluffy and crispy roti.

Do not oil your pan when frying your roti.

Do not use a small pan to fry your roti. Use an electric frying pan or a large non stick pan.

When your roti is done, smear with butter and crushed garlic.

Note: S-shape of the roti:

Roll up the ends of the dough rope, one side clockwise and the other anticlockwise.

Once they meet to form the 'S', fold one-half of the 'S' (either top or bottom) flat on top of the other.

The dough should now resemble a moist and round spiralling disc. Place this on a plate and repeat with the rest of the dough balls.

Recipe and photo: Elize de Kock

2nd photo: Leonie Scott