Makki Ki Roti / Corn Flour Chapathi



Makki in Punjab stands for maize and Roti means Indian flat bread. This is a traditional North Indian Bread. It taste different from wheat chapathi. It is quite easy to prepare and nutritious. Best accompaniment for this roti is Sarson ka Saag(Mustard Greens Gravy)

Ingredients

1/2 Cup of Corn Flour
Pinch of Ajwain(Carom Seeds)
2 Tbsp of Hot Water
Salt as needed
Butter/Ghee for frying

Method



Chapathi Press

- Combine flour, ajwain and salt in a bowl. Mix well.
- Add hot water slowly, 1 tbsp at a time.
- Knead the flour into a dough. Dough to be soft not sticky.
- Divide the dough into equal balls.
- Take a ziploc bag/plastic bag, cut it open.
- Place it on your rolling surface.
- Wet the surface with oil/butter.
- Place the ball and press it gently with your hand (I used chapathi press to flatten the balls)
- Carefully remove from the plastic bag and place on a hot tawa/pan.
- You will see tiny bubbles rises on the surface of roti.
- Now it’s time to flip the roti with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread all over the roti.
- Flip again in 30 secs and apply some oil. Press roti gently with a spatula and cook till brown spots appear on both the sides of the roti.
- Hot Makki ki roti is ready to serve.

Tips

- Best combination for this roti is Sarson ka saag.
- You can use grated radish to the flour. Squeeze out excess water from the radish, otherwise it makes dough soggy.



Health Benefits of Makki Ki Roti

- Corn Flour is a gluten free food.
- Rich in vitamin A , magnesium and iron