
GF Roti (GF, Oil free)

Source from <https://www.sanjanafeasts.co.uk/2023/06/gluten-free-roti/>

From the garden

Makes 10 roti

<u>Equipment</u>	<u>Ingredients</u>
1 large bowl, 2 medium bowls scales Baking sheet tablespoon, teaspoons and measuring cups measuring jug Large saucepan with lid Wooden spoon Spatula Cling film Frying pan	<ul style="list-style-type: none"> • 340g rice flour (plus extra for kneading) • 1/2 tsp salt • 425ml hot water

What to do

- Measure out 340g rice flour
- Measure out 425ml hot water
- Boil the water in a large saucepan. Add salt and stir. Switch the heat off.
- Tip the rice flour into the water and stir with a wooden spoon until a coarse, shaggy dough is formed.
- Cover the pan with a tight-fitting lid and allow to stand for 10 minutes. Do not leave it any longer as the dough must be kneaded while it is hot.
- Remove the lid from the pan and transfer the mixture to a baking sheet or onto a clean work surface.
- Since the dough will be very hot, knead the mixture using a spatula until cool enough to handle.
- Once the mixture is has cooled slightly, knead the dough using your hands until soft and smooth, about 6-7 minutes. Portion the dough into 10 pieces. Cover with cling film to prevent drying.
- Take one portion of dough at a time and knead once more (for about a minute) before you begin to roll.
- Pre-heat a frying pan over medium-high heat.
- Dust the dough and work surface with a small amount of extra rice flour and begin to roll into a circle, about 18-cm wide.
- Place the roti in the heated frypan. Cook for 10 seconds before turning the roti over using a spatula.
- Cook for 20-30 seconds, until light brown spots appear on the side that's being cooked. Turn the roti once more to cook the first side for another 15 seconds.
- Place the roti on a tray lined with foil.
- Wrap roti and place in oven to keep warm until all roti are cooked.
- Serve and ENJOY!