HEALTHY ROTTI



- The preparation of cookies with superfine wholegrain general purpose flour will surely be a new experience in most homes.Cookies are high in nutritional values due to the combination
- of wheat and oats in the production of this flour.

- Healthy Cookies are Ideal for those who are health conscious and it can be a homemade delicacy either as a snack or for breakfast.

Utensils / Equipment

- Stove -Heating
- Rotty Pan -Roasting

INGREDIENTS

No.	Ingredients	Weight (g)	Steps	Remarks
1	WGSF General Purpose Flour	500	1	
2	Coconut(Scraped)	250	1	
3	Salt	8	1	
4	Onion/Garlic	50	1	
5	Green Chili/ Curry Leaves	30	1	
6	Water(Luke Warm)	170	2	Gradually

PREPARATION

Process

1. Mix all the ingredients together for two minutes without water
2. Add Luke warm water gradually to the mixture until it becomes soft dough
3. Divide into pieces
4. Rest for 10 minutes
5. Sheet the dough and roast it on a rotti tray

Garnish

1. Use coconut chunks within the ingredients.
2. Pronounce the green chili
3. katta sambol, curry leaf, banana leaf & scraped coconut for garnish.

Critical Points

1. How to mix the ingredients and checking the stability of the dough
2. Shaping the rotti
3. Roasting the rotti until properly cooked