

Sweet Potato Flat Bread or Roti

Ingredients:

- 1 cup whole wheat pastry flour*
- Salt to taste (optional)**
- 1 cup sweet potato cooked, mashed and hot (reheat if using leftover sweet potatoes)
- More flour for dusting

Instructions:

1. Steam or boil a sweet potato in the skin until it is soft. Check it with a fork to see if it is cooked and then take it out of the pan to cool for a few minutes. **Note:** Do not bake the potato, as it will be too dry for this recipe.
2. While the potato is still hot try to peel it, since the recipe works best if the potato is hot or at least warm.
3. Use a fork or knife to peel it if necessary. Then use a potato masher or fork to mash it. **Note:** If using leftover sweet potatoes, reheat them first.
4. In a mixing bowl combine the flour and salt, followed by the 1 cup of mashed sweet potato. Start mixing with a fork, as the sweet potato will be too hot to handle at this stage.
5. Once the mixture has cooled sufficiently, begin kneading it with your hand until a dough ball is formed. Do not overwork the dough, as it will get too sticky and more flour will be needed. This will result in harder rotis or flatbreads.
6. Flour the work surface and place the dough on it. Roll it into a thick log and then cut it into 6 equal parts.
7. Dust your hands with a little flour. Take one piece of dough and roll it between your hands into a ball before flattening it a bit. Dip the ball into the extra flour for dusting; make sure it is covered with flour on both sides.
8. Lightly flatten the edge of the ball with your thumb and index finger. This step helps to maintain a round shape when it is rolled out.
9. Set it aside and repeat the process with the other balls of dough.
10. Take one ball and place it on the work surface. Begin to roll it out, then turn it on the other side and continue to roll out by applying even pressure. Do this a few times, until the roti is about 2mm thick. If necessary, flour the roti a little, but not too much as this can make the end result hard.
11. Sometimes it is helpful to keep each flatbread in a plate covered with a damp (not soaking) kitchen or tea towel, until all are completely rolled out.
12. Heat a non-stick skillet or a well-seasoned cast-iron pan on medium heat. When the pan is hot, place a roti on it and allow it to cook for 20-30 seconds. Then flip the roti at 30 second intervals. When the roti starts to bubble, leave it there for 30 seconds before flipping. Cook the roti for a total of 2-2½ minutes.
13. Place the roti in a container or plate and cover with a kitchen towel to keep it soft. This also prevents the rotis going soggy from the steam in the container.

14. Now repeat the same steps for the rest.
15. Adjust the temperature of the skillet as needed if it gets too hot and make sure to brush off any loose flour in the pan before adding the next roti.
16. From time to time, flip the rotis in the container so that the last one is sandwiched in between the others. This helps to keep them all soft and pliable.

Tip: Use as you would any tortilla or flatbread or serve more traditionally with a curry dish or dahl.

Servings: 6

**You can use a gluten-free flour mix or a combination of whole wheat or rye with unbleached white flour.*

***Celtic Sea Salt or Pink Himalayan Salt is best because they have a better mineral balance and do not have added fluoride or baking soda.*

