

# GLUTEN-FREE BUCKWHEAT FLOUR ROTI (CHAPATI)

## Ingredients

- 1 cup buckwheat flour
- ¼ tsp xanthan gum
- 1tbs oil
- 1/2 cup or less hot water
- 1/8 tsp salt optional
- oil or butter for brushing
- Any gluten-free flour to dust the work surface

## Instructions

1. In a medium bowl, combine the buckwheat flour, oil and salt (if using). Add the hot water, a little at a time, while continuing to mix the flour with your hands. Make sure the liquid is well absorbed before adding more. Mix and knead until a firm and elastic dough forms. You do not need to knead this dough excessively as you would for traditional rotis. Leave to rest for 30 mins. Dough should become softer to work with.
2. Heat a tava, griddle or non-stick (preferably cast iron) skillet to medium heat. You may need to lower the heat when you start making the rotis.
3. Flour your surface with gluten-free flour. Form the dough into small balls (a bit larger than golf-ball sized), then use a rolling pin to roll them out into round circles about 6 inches in diameter. Turn using a spatula and flour them as needed.
4. Using a large spatula, carefully lift the rolled out roti and place it on the skillet. Let it cook for about 30 seconds, then flip. Let this cook for 15-20 seconds then flip again. Flip a couple more times, while pressing gently, until the roti is completely cooked. Clean the pan with a slightly damp tissue and remove from heat or lower the heat if needed. If you have a gas stove, you can try using the direct heat to let it puff up. Serve immediately.

## Notes

You can purchase gluten free Buckwheat flour online from the following suppliers:

**Shipton Mill Ltd**  
Long Newton  
Tetbury  
Gloucestershire GL8 8RP

01666 505050

[www.shipton-mill.com](http://www.shipton-mill.com)

**Amazon**

<https://www.amazon.co.uk/>