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SAVOUR

Anything goes on the inside of a wrap

FROM PAGE 17

1 cup additional flour for dusting

Put the flour in a bowl. Slowly add enough water so that you will be able to gather the flour together and make a soft dough. You may need about 2-1/2 tablespoons less than a cup of water. Knead the dough for 7 to 8 minutes or until it is smooth. Make a ball and put it inside a bowl. Cover the bowl with a damp dishcloth and set it aside for half an hour.

If the dough looks very runny, flour

your hands and knead for another few minutes. Form 12 equal balls and dust each with a little flour. Keep them covered.

Set a cast-iron griddle or skillet to heat over a medium-low flame. Allow at least 5 minutes for that. Keep about a cup of dusting flour near you. Remove a ball of dough and flatten it between the palms of your hands. Dust it on both sides with flour. Roll it out as thinly and evenly as you can, aiming for a 5-1/2 inch round. When the griddle is hot, slap the roti on to its heated sur-

face. Cook for about a minute or until soft bubbles begin to form. Turn the roti over. Cook for half a minute on the second side.

If you have a gas fire, light a second burner on a medium flame and put the roti directly on it. Using tongs, rotate the roti so that all areas are exposed to the shooting flames. Take 5 seconds to do this. Turn the roti over and repeat for about 3 seconds. The roti should puff up. Put the roti on a plate and cover with a towel. Make all roti this way.

If you have an electric stove, place

the griddle and roti under a broiler for a few seconds, until the roti puffs up. Serve hot.

Spicy chickpea wraps yields 12 eight-inch wraps. From: *The Bread Lady, Joan Caverly.*

- 1 medium onion, peeled and cut into 1-inch chunks
- 1 small red pepper, cleaned and cut into 1-inch chunks
- 2 tps crushed coriander seeds
- 1 tsp ground cumin
- 4 dashes red hot pepper sauce
- 2/3 cup chickpea flour
- 1-1/2 tsp oil
- 1/2 tsp salt
- 1 tsp instant yeast
- 3/4 cup water
- 1 cup whole wheat flour
- 3 cups all-purpose flour

Process onion, red pepper, coriander seeds and hot pepper sauce in a food processor until coarsely chopped.

Add chickpea flour, oil, salt, yeast and water and process until well combined.

Add whole wheat flour and 1-1/2 cups all-purpose flour and process for 1 to 2 minutes.

Leave dough in processor for 20 minutes for flours to absorb liquid and yeast to rise.

Turn dough out on to floured surface and knead for 5 minutes, adding all-purpose flour as necessary to prevent sticking. Dough will retain a slight stickiness.

Divide dough into 12 equal pieces. Round each piece and cover immediately.

Roll each piece to about 3/8-inch thickness. Place wraps on parchment paper-covered baking sheets, and cover immediately to prevent drying out.

Preheat oven to 400 F and place oven rack in top third of oven.

Wraps may be baked about 10 minutes, after which time small brown spots will have appeared on the bottom of the wraps.

Remove from oven and stack one on top of the other wrapped in a tea towel to prevent drying out. Or cool on a rack and freeze immediately.

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