

SWEET POTATO FLAT BREADS

(aka Roti, Paratha, Wrap)

This is the easiest and most delicious flat breads I know!!!

Don't be intimidated by the fact that you need to roll something, this dough is beautiful and easy to work with 😊.

Use equal amounts of cake flour and cooked, mashed sweet potato (white or yellow).

1 cup of each will yield 4 medium sized Flat Breads as below:

Step 1 Cut 250 g sweet potato (with skin) into chunks and boil in just enough water not to burn. Close the lid tightly in order to steam the chunks, rather than boil them – you need to avoid water logging, but you need them very tender.

Step 2 Drain any remaining water, roughly mash and then measure 250 ml of mash

Step 3 In a medium bowl mix the
250 ml sweet potato mash
250 ml cake flour
1.5 ml salt
2.5 ml ground cumin
Pinch of turmeric (for colour) if using white sweet potatoes

Use your hands to get a soft and slightly sticky dough, or use a mixer with a 'K' blade.

Step 4 Divide the dough into 4 or 8 (depending on the size you want). Drop the balls into a bowl with extra flour, then roll out thinly, using extra flour to prevent sticking to the surface.

Step 5 Drop a spoonful of sunflower oil into a heavy bottom or griddle pan and heat until really hot, then wipe out with tissue paper again to prevent oily flat bread. Carefully place the first flat bread into the pan, cook for a minute or two until bubbly brown on the underside, then flip over and cook again.

Step 6 Keep the cooked flat breads covered with a warm wet cloth to prevent them from drying out.

Step 7 Now enjoy these delicious and healthy breads to scoop up a curry, shoved into a delicious dip served with salsa on the side, or use as a wrap to hold your favourite fillings.

Shortened and slightly modified version from

<https://www.youtube.com/watch?v=WRi0tPEicBY&t=447s>