Pol Roti (Coconut Roti)

Serves 4

Ingredients

- 2 cups plain flour
- 1 cup grated coconut
- 2 cups coconut milk
- Salt to taste
- A small amount of water

Instructions

- Wash hands thoroughly.
- Mix flour, grated coconut and salt together in a medium-sized bowl.
- Add water gradually while using one hand to mix and thoroughly knead the dough for about 5 to 7 minutes. Make sure to use up all the excess flour until a smooth dough is formed.
- Shape the dough into a ball and divide the ball into 4 smaller portions. This amount is enough for 4 medium-sized roti.
- Place a large cast-iron skillet over medium heat.
- Grease each ball with a bit of oil to prevent it from sticking in the pan.
- Take each ball and roll it into a circle with a radius of between 5 to 8 cm.
- Place circle in pan and cook on one side for 1 to 2 minutes or until you see brown spots forming on the surface.
- Use tongs to turn the roti over and continue cooking for another 2 minutes.
- By now you should be smelling an incredible scent, one which cannot be explained in words!
- Once well-cooked, remove the roti from the pan and repeat the process.

Variations on this recipe:

Use desiccated coconut instead of fresh to save time. Make sure it's unsweetened – the sweetened version won't work with this recipe. Also add a mixture of coconut milk and water to your dough if you're using desiccated coconut.

Substitute chicken curry with lentil curry for a vegan version.

There won't be any roti dough left to use as leftovers, but you can enjoy any leftover curry with some steamed rice and pappadam (typically made from flour or a paste derived from either lentils, chickpeas, black gram, rice or potato).