

TWO INDIAN RECIPES FOR YOU TO TRY

Sweet Lassi

Ingredients:

Half a cup of natural yoghurt

A cup of milk

Half a cup of crushed ice

3-5 teaspoons of sugar as required

Pinch of salt

Whisk the yoghurt, milk, salt and sugar together until well mixed and frothy. Pour into tall glasses over the crushed ice.



For extra flavour add your favourite fruit (pulped). Mango is a great favourite in India, but banana also works well.

Chapatis

Ingredients :

200g wholemeal flour.

75ml warm water

2 tablespoons butter

Sift flour into a bowl, make a well and pour the water in. Mix into a dough.

Knead on a floured surface for 5-8 minutes until smooth and stretchy.

Put in a bowl covered with cling film for 10-15 minutes.

Divide the dough into 6-8 balls.

Roll each ball into a thin pancake.

With an adult helping, heat in a hot frying pan for 30 seconds then turn the pancake over and cook the other side for 1 minute. Turn it over again and heat the first side for 30 seconds.

Smear with butter and wrap in foil to keep it warm until ready to eat.

