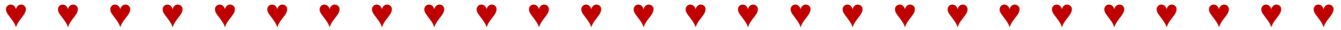




♥ Feed them ♥ Clothe them ♥ Educate them ♥ Love them ♥

Reaching out to the orphan and at-risk children of Tanzania with "Hearts in Unity"



Tanzanian Chapati

Chapati is a round, flat, unleavened bread popular in Eastern Africa. Chapati is served with any African vegetable and/or meat stew.

- 4 cups all-purpose flour
- 1 t. salt
- 3/4 cup warm milk
- 3 eggs (room temperature)
- Cooking oil (e.g. vegetable oil)

Mix flour and salt in a bowl. Beat eggs and milk together in a separate bowl. Slowly mix the milk/egg mixture into the flour mixture to make a thick dough. Knead dough on a cool surface for a few minutes, adding a few spoonfuls of dry flour, as needed.

Roll the dough into a rope-shape about 12-inches long. Cut into 12 pieces (about 1-inch each). Roll each piece into a ball and set off to the side, covered with a clean, slightly damp cloth.

Take one of the balls of dough and roll it with a rolling pin until it is about ¼-inch thick (it does not have to be perfectly round). Brush the top of the dough with cooking oil. Beginning on one edge of the dough, roll the flattened dough into a rope-shape, then roll the rope into a coil shape and set it aside to rest under the slightly damp cloth. Repeat with the remaining dough balls.

Lightly grease (with cooking oil) and pre-heat a skillet or griddle to about 375-degrees (non-stick skillets/griddles do not need to be greased, unless desired).

Take one of the dough ball/coils and flatten it slightly. Roll with a rolling pin into a 1/8-inch thick circle. Use flour as needed to prevent sticking to the rolling surface or the rolling pin. Cook the rolled-out dough on the skillet or griddle, turning once, until each side is golden brown and spotted.

Cover the finished chapatis (placing in a warm oven if desired) until they are all done. Serve a meat or vegetable stew, or any dish with a sauce or gravy.

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To learn more about how you can help feed the children of Tanzania, visit www.heartsinunity.org