

# Homemade Roti Canai with Dhal Curry



## Key facts

Servings: 6 persons

Preparation time:

- Dhal curry: 20 minutes
- Roti Canai: 30 minutes + overnight (for the dough to rest)

Cooking time:

- Dhal curry: 20 minutes
- Roti Canai: 30 minutes

Total time: 1 hour 40 minutes + overnight (for Roti Canai dough to rest)

## Ingredient

### Dhal Curry

- 200g Organic Red Split Lentils
- 100g Organic Cherry Tomato
- 1 piece Organic Onion, minced
- 4 cloves Organic Garlic, minced
- 1/2 teaspoon Organic Lakadong Turmeric Powder
- 2 teaspoons Organic Curry Powder
- 1 teaspoon Organic Red Chilli Powder (Regular)
- 4 pieces Organic Red Chili Mathania (Whole), soaked until soft and chopped
- 2 pieces bay leaves
- 50g Organic Long Bean, chopped
- 50g Organic Lady Finger, chopped
- 50g Organic Coriander, chopped
- 1 tablespoon High Oleic Organic Sunflower Oil
- 1500ml filtered water
- 2 teaspoons Himalayan Rock Salt
- 1 teaspoon Natural Brown Sugar

### Roti Canai

- 1/2 tbsp Himalayan Rock Salt
- 1/2 tbsp Natural Brown Sugar
- 290g Wheat Flour
- 200ml Filtered Water
- 2 tbsp High Oleic Organic Sunflower Oil

Originally from India and modified by Mamak (Muslim-Indian) hawkers, Roti canai is one of the signature staples in Malaysia. This circular, flaky, crispy flatbread is best served with dhal (*lentil*) curry, a mild and nutritious curry made up mainly of lentils, tomatoes, and chilies. You can also add sambal to add an extra kick.

Missing this already? Make this at home anytime you want with this easy-to-follow recipe!

## Method:

### Dhal (Lentil) Curry

1. Rinse and soak the lentils for 10 minutes. Then, drain the lentils.
2. In a pot, add lentils, half portion of the minced onions, half portion of the minced garlic, Lakadong turmeric powder, curry powder, bay leaves, cherry tomatoes, red chilli powder, dried chilli. Bring to a boil.
3. Once it boils, reduce the heat and let simmer for about 20 minutes until the lentils are soft.
4. Season the dhal curry with some salt when the dhal curry becomes thicker.
5. In a pan, heat some cooking oil, stir fry the lady fingers and long beans for about 3 minutes, then set aside.
6. In another pot, heat some cooking oil, add the other half portion of minced onions and stir fry for about 6 minutes until it becomes lightly brown. Then, add the other half portion of minced garlic until fragrant.
7. Add all the stir fried ingredients into the cooked dhal curry. Set aside and serve with roti canai later.

### Roti Canai

1. Dilute salt and sugar in water. Mix wheat flour with salt and sugar mixture evenly.
2. Knead the dough until smooth and elastic. The dough should be a bit sticky. Dust some flour on the dough to make it easier to shape the dough.
3. Divide the dough equally into 6 small balls. Coat each dough with some oil and place them on an oiled plate. Gently cover each ball with some oil and cover with a damp cloth. Allow the dough to rest overnight at room temperature.
4. Flatten dough and flip it several times until it expands. Lift the left side of the expanded dough and fold to the right covering 2/3 of the whole surface. Do the same with the right.
5. Pinch the tip of the dough and gently pull the dough off the working surface. Swirl dough to form a circle and press gently.
6. Sprinkle some oil on the dough before letting the dough rest for 3-5 minutes.
7. Flatten dough once more. Place it on a pan heated on medium heat.
8. Once roti canai lightly browns or is crispy, remove from the pan and give it a light 'clap'.