

CHAPATTI FRIED WITH EGG

Ingredients

400 grams plain flour
(plus extra for dusting)
Pinch of salt
Warm water
Sunflower oil
6-12 eggs

Directions

1. Place the flour, salt into a large bowl.
2. Add about one cup warm water to the flour and start mixing until a soft dough is formed.
3. Add a ½ teaspoon of sunflower oil and continue to knead the dough.
4. Divide the dough into equal pieces and roll into balls. Flatten each ball between the palms of your hands and dust with flour.
5. Roll each out to about 15 centimetre in diameter.
6. Heat a skillet over high heat, then reduce the heat to medium-low. Add the rolled chapatti to the pan and cook for about 10 seconds, pressing with a fork until the dough begins to puff up, then turn and cook the other side in the same way. Add a drizzle of sunflower oil and flip over again.
7. The chapatti is cooked when brown patches appear on the surface. Remove from the heat and set aside.
8. Place 1-2 eggs into a small bowl and beat them together.
9. Heat the oil in the chapatti pan and pour half of the egg mixture onto the pan.
10. Place a chapatti on top of the egg mixture and pour the remaining egg mixture over the top of the chapatti.
11. Flip the chapatti over.
12. Once cooked remove from the pan and place on a plate.
13. Repeat until all chapatti dough is cooked.

FRIED COWPEA BALLS FRITTER

Ingredients

225 grams dried cowpea
(also known as black eyed pea)
2 centimetre piece of ginger
(finely chopped and crushed)
½ cup red onion (coarsely chopped)
1 teaspoon salt
2 cups of cooking oil

Directions

1. Let cowpeas soak in hot water for an hour or so.
2. Rub the cowpea between your hands to loosen and remove the hulls.
3. When all the hulls have removed have come loose, drain the peas and recover with hot water.
4. Place the cowpea, fresh ginger, red onion and salt in a mortar and grind the ingredients down to a thick grainy mixture (similar to a crunchy peanut butter).
5. Once completely mixed, remove and place in a bowl.
6. Roll the mixture into small balls.
7. Heat the cooking oil over a high flame. Once the oil is heated add the cowpea balls and fry them until golden brown and serve alongside the chapatti.

