Sri Lankan Pol Roti (Coconut Roti)

**Ingredients**

3 1/3 cup plain flour

1 2/3 cup desiccated coconut

1 ¼ tsp salt

1 medium red onion, finely chopped (1/2 cup)

3 long, green chilli, halved length wise and sliced finely.

*Use less if you prefer. Also de-seed the green chilli if you don’t want the heat.*

½ cup coconut milk

½ cup coconut water

**Method**

Place the flour, desiccated coconut, salt, onion and chilli in a large bowl. Mix to combine well

Mix the water and coconut milk together in a bowl or jug

Add the liquid to the flour mixture, a little at a time, while stirring the flour with your finger tips (or with a fork)

After adding about ½ of the liquid, gently stir the mixture. You will have some clumps and dry spots of flour. Drizzle the liquid over the dry parts while mixing to form a dough.

Add 1 or 2 Tbsp water if needed, the dough should still have some dry patches. Shape the dough into a rough ball. DON’T OVER-KNEAD

Cover the dough or wrap in plastic in a clean bowl and rest for at least 4 hours. (Up to 12 hours at room temperature is fine)

The dough should become really soft after it has rested. If it is very sticky flour it generously, the dough and table, to prevent it sticking.

Cut the dough into 8 wedges and gently form rough balls. Use a well-floured surface and rolling pin and gently flatten to ½ cm thick. It should be about 12-15cm in diameter. Repeat and cover the rolled roti under a cloth to keep from drying out.

Preheat a cast iron pan or frypan over med-high heat. Once hot transfer a roti into the dry pan and cook for 2-3 minutes (having two pans makes this faster) until the bottom has brown spots.

Turn over and cook the other side until it also has brown spots.

Place on a wire rack to cool before serving.