Chef's 2-Minute Kneading & 6-Hour Tiffin Softness Guide

Because NutriChakki delivers 35g of bio-available plant protein with pure Psyllium Husk, the dough behaves with 15% more thirst than ordinary wheat. Follow these simple steps for silky dough and balloon puffing rotis every single time.

⚖️ **THE GOLDEN RATIO: 75ml to 80ml Warm Water per 100g Atta**

High plant protein absorbs water gradually. Always use lukewarm water and allow exactly 10 minutes of resting time to unlock full dough elasticity.

STEP 1

Measure & First Mix (30 Seconds)

Take 2 cups (200g) of NutriChakki Atta. Add a pinch of salt if desired. Pour 150ml of lukewarm water into the center.

> 💡 Pro-Tip: Add 1 teaspoon of A2 desi ghee or olive oil to the dry flour for ultra-pliable dough.

STEP 2

Knead to Medium-Soft (60 Seconds)

Bring the flour together with your knuckles. It will feel sticky for the first 30 seconds as the Soy Isolate absorbs moisture. Knead firmly until smooth.

> 💡 Pro-Tip: Do not add extra dry flour immediately. Knead continuously; the stickiness disappears naturally.

STEP 3

The 10-Minute Moisture Rest (CRITICAL)

Cover the kneaded dough with a damp cotton cloth or airtight lid. Leave untouched for 8 to 10 minutes. This allows natural fibers to form gluten-like bonds.

> ⚠️ Never Skip: Skipping this step causes edges to crack during rolling.

STEP 4

Smooth Rolling on Chakla (30 Seconds)

Pinch into golf-ball sized portions (40g each). Lightly dust in dry flour once. Roll with gentle, even pressure from center to outer perimeter.

> 💡 Pro-Tip: NutriChakki stretches smoothly. Roll as thin as you like without fear of tearing.

🔥 The 100% Tawa Balloon Puffing Technique

1. Tawa Temperature: Ensure your cast-iron or non-stick tawa is hot before placing roti. Water droplet should sizzle immediately.

2. The First Flip (15s): Cook side 1 for only 12–15 seconds until tiny bubbles appear. Flip quickly to side 2.

3. The Second Flip (30s): Cook side 2 for 25–30 seconds until golden brown spots emerge.

4. Open Flame Puff: Place directly on open gas flame or gently press edges on tawa with a clean cloth. It will balloon completely!

If You Experience…	The Likely Cause	Instant Solution
Roti feels stiff or dry	Too little water used in initial knead	Add 2 tablespoons warm water and knead for 30 seconds more.
Cracks appear while rolling	Dough was not rested for 10 minutes	Cover dough with a damp cloth for 5 minutes before re-rolling.
Doesn't puff into full balloon	Tawa was not hot enough on first contact	Increase flame. Cook side 1 for only 15 seconds before flipping.
Drying out in lunchbox	Packed directly on cold aluminum foil	Wrap in soft cotton muslin cloth inside the tiffin while still warm.

NutriChakki™ Guarantee: 100% Tawa Balloon Puffing & 6-Hour Softness Guarantee.

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