

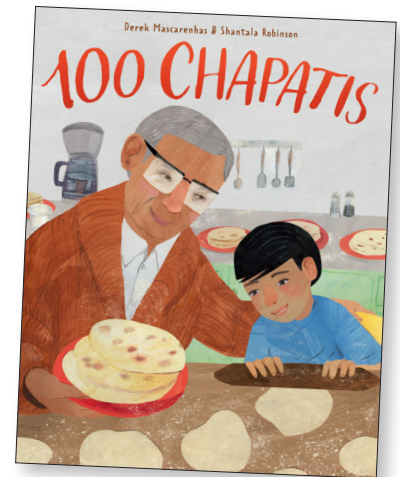


About the Book

Simon doesn't want the baby to come. He was happy with just his mom, dad, and Pappa. Now, Mom and Dad are at the hospital, and Simon and Pappa are waiting for news at home.

Knowing how hard it is to wait, Pappa starts Simon on a project of making one hundred chapatis. They measure the ingredients, knead and roll the dough, and then drop them one by one into a giant frying pan. Soon, Simon is so busy that he forgets to worry. "Can I show the baby how to make chapatis?" he asks Pappa. And before they know it, Pappa is frying up the one hundredth chapati ... and the phone is ringing!

A debut picture book with texture-rich illustrations and simple evocative text, *100 Chapatis* is a gentle lesson in patience that makes for a wonderful read-aloud.



Written by Derek Mascarenhas
and illustrated by Shantala Robinson
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Note from the Author

Just before the birth of one of my younger siblings, my mother made and froze one hundred chapatis. That was the inspiration for this story. Growing up, I used to hide my chapati-eating at school lunch, because all the other kids only ate bread sandwiches. But I loved the taste of chapatis! Today, it still always feels like home when I make, eat, and enjoy them proudly.

READING LEVELS

Grade: 2

Fountas & Pinnell: J

Lexile® Measure: AD 540L

Common Core: RL.2, WV.2, SL.2, L.2

CURRICULUM LINKS

Language Arts: Reading

Character Education: Cooperation; Positive Communication

Social-Emotional Learning: Self-Awareness; Self-Regulation; Relationship Skills

Culinary Arts: Nutrition; Cooking/Baking



The Mascarenhas Family Chapati Recipe

Make your own chapatis at home with the author's family recipe!
Ask a grown-up to help you.

Tools

- Measuring cups and spoons
- A rolling pin
- A bowl for mixing
- A flat, clean surface such as a big cutting board or counterspace
- A medium non-stick frying pan
- A tool to flip the chapatis such as a spatula
- An open container to place cooked chapatis

Ingredients

- 3/4 cup (177mL) white flour, plus extra for rolling
- 1/4 cup (59mL) whole wheat flour
- 1/2 cup (118mL) room temperature water
- 1/2 tsp. (5mL) salt
- 1 tbsp. (15mL) vegetable oil, plus extra for frying



How to Make Chapatis

1. Put both types of flour into a bowl. Drizzle the vegetable oil onto the flour. Mix the oil and flour together by hand to create a crumbly mixture.
2. Dissolve the salt in water and gradually add it to flour, mixing as you go.
3. Knead the mixture into a doughy ball. If the dough is too sticky, add a bit of flour. If it is too dry, add a bit of water.
4. Cover the bowl with a lid or tea towel. Let it sit for 30 minutes at room temperature.
5. Knead the dough again until it is soft. Then divide it into small balls about the size of a clementine or an apricot.
6. Dust the dough balls with flour, then sprinkle a small amount of flour on a flat surface.
7. Use a rolling pin to roll a ball into a flat circle on the floured surface, about five inches (13cm) wide.
8. Use a spoon to spread a thin layer of oil on the flattened chapati circle, then sprinkle flour on top.



9. Fold the chapati vertically into thirds to make a rectangle-like shape. Then fold it horizontally in thirds to form a square. You can prep all the balls up at this stage and dust with flour to keep them from sticking.
10. Heat a non-stick pan to medium heat.
11. Fry the chapati on one side just until it starts to cook (about 2 minutes), then flip it over and fry the other side.
12. While the chapati is frying, roll out another ball of dough.
13. Flip the frying chapati again and press it down gently with a spatula. The steam inside cooks the chapati and helps it puff up. Spread a bit of oil on the chapati and flip again.
14. Keep flipping and pressing down until both sides are golden brown. Place it on a plate or cutting board while cooking the rest.
15. Eat your chapati for breakfast with your favourite spread (like butter, jam, peanut butter) or try it with your favourite curry and vegetable at lunch or dinner time.



TIP: Freeze leftover chapatis for later, and heat from frozen in the microwave for a few minutes. Trust me you won't have any left unless you double up. Enjoy!

