



Activity Guide:

Chapatis

INGREDIENTS

250g chapati flour (finely ground whole wheat flour)

1 teaspoon salt

1/2 cup (approximately) water

Vegetable oil

INSTRUCTIONS

Pour the flour and salt into a bowl, mix, and then add the water a little at a time. Stir with a wooden spoon and your hands until you have a soft dough.

Knead the dough for about three minutes and then set aside covered while you heat up your pan over medium heat.

Dust the work surface with a little flour and divide your dough into about eight to ten smaller balls.

Flatten each ball between your hands and then flatten them more with a rolling pin until they are about six inches in diameter and one millimeter thick.

Dust off any excess flour.

Now oil the pan with just enough oil to create a film - 1/2 teaspoon should do the job - and dry fry your first chapati for 30 seconds on one side.

Then flip it over and fry for another 30 seconds. Brown spots should appear on both sides.

Optional:

If you are cooking on an electric stove, turn the chapati over one last time and apply pressure to the surface with a spatula or kitchen towel. It should puff up.

If you are cooking over gas flame, lift the chapati out of the pan and place it carefully directly on the flame. This will cause it to puff right up into a nice light chapati bread.

Girl Museum

We are the first and only online museum dedicated to girls.

We exhibit, educate, and raise awareness about the unique experience of being born and growing up female around the world in the past and present.

As a community of passionate and creative individuals, we acknowledge and advocate for girls as forces for collective responsibility and change in the global context, not as victims and consumers.

We are a registered 501(c)3 non-profit educational organization.

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Girl Child in India



What is it like being a girl in India?

Girls make up just over 48% of the over 1.2 billion people living in the sub-continent. Their family size, income, social class, religion and where they live has everything to do with shaping each girl's' existence. Yet despite these differences, girls in India face many of the same issues - violence, discrimination, and silencing simply because they are female.

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