

Ragi Rotti is more than just a flatbread — it's a grounding, soul-warming experience from South Indian kitchens. Crafted with care and shaped by hand, this humble dish turns the ancient millet into a rustic, hearty meal that nourishes deeply. Whether eaten hot with chutney or softened with ghee, every bite is a reminder of how tradition can taste both comforting and wholesome.

What Is ragi RotTi?

Ragi Rotti is a traditional South Indian flatbread made using **ragi flour (finger millet)**. Rich in calcium, iron, and fiber, ragi is a powerhouse grain that has been a part of Indian diets for centuries. The dough is usually mixed with onions, green chilies, coriander, and sometimes grated veggies. It's then patted flat on a greased surface and cooked on a hot tava. The result? A crisp-edged, earthy-tasting rotti that's gluten-free and highly nutritious.

How to Make ragi RotTi: The Traditional Way

□ Ingredients:

- 1 cup **Ragi flour** (finger millet)
- ¼ cup finely chopped **onion**
- 1 tsp **jeera (cumin seeds)**
- 1 tsp **grated ginger**
- 1 finely chopped **green chili** (optional)
- 2 tbsp chopped **fresh coriander**
- Salt to taste (rock salt preferred)
- Warm water (for kneading)
- Ghee or sesame oil for roasting

□ Method:

1. Mix Dough:

2. Shaping Roti:

- Grease a banana leaf or parchment paper.
- Take a small ball of dough and pat it into a thin roti using your wet fingers. Aim for even thickness.

- You can also roll between two sheets of parchment if more comfortable.

3. **Cooking:**

- Heat a tawa or flat pan. Transfer the roti carefully and cook on medium heat.
- Drizzle ghee or sesame oil and flip once one side is cooked.
- Cook both sides until dark brown spots appear.

4. **Serving Suggestion:**

▣ **Ayurvedic Benefits**

1. **Rich in Calcium & Iron (Balya & Rasayana)**

Strengthens bones, teeth, and hair. Supports tissue regeneration and is ideal during pregnancy, recovery, or growth phases.

2. **Pitta & Kapha Balancing**

Ragi is **cooling (sheeta virya)** and **dry/light (ruksha/laghu)** in nature, making it helpful for calming **Pitta** and **Kapha** doshas.

3. **Supports Weight Loss & Metabolism**

High in fiber and slow-digesting, it curbs cravings and supports **meda dhatu** (fat metabolism).

4. **Diabetes-Friendly**

- 5. Ragi has a low glycemic index, making it ideal for maintaining healthy blood sugar levels.

▣ **Pro Tips from the Indian Kitchen**

1. **Use Warm Water for Mixing:**

Warm water helps bind the dough better and makes it easier to spread.

2. **Work Quickly with Fresh Dough:**

Ragi dough tends to dry out, so make it in small batches and cook immediately.

3. **Grease Surface & Hands:**

Use a banana leaf, greased plate, or parchment paper to pat the dough. Wet or oil your fingers to prevent sticking.

4. **Thin and Even is Key:**

Flatten the dough evenly for a crispy texture and uniform cooking.

5. **Don't Overcook:**

Cook on medium heat and avoid over-flipping. Ragi can dry out quickly if left too long on heat.

6. **Flavor Up the Dough:**

7. Add chopped onions, curry leaves, coriander, cumin, and grated carrot or coconut to enhance flavor and texture.

♥ Why We Love ragi RotTi

We love **Ragi Rotti** because it's the perfect marriage of tradition and wellness. It's naturally gluten-free, loaded with nutrients, and keeps you full without weighing you down. Its slightly nutty, earthy taste feels authentic and grounding, making it more than just a meal — it's nourishment for both body and soul. Whether eaten for breakfast or dinner, it reconnects us with age-old food wisdom in every delicious bite.

□ Ideal For

- **Gluten-free and diabetic-friendly diets**
- **Bone health (rich in calcium)**
- **Iron-rich meals for women & children**
- **Hearty breakfasts or light dinners**
- **Weight management and satiety**
- **Traditional, seasonal, or sattvic eating plans**

