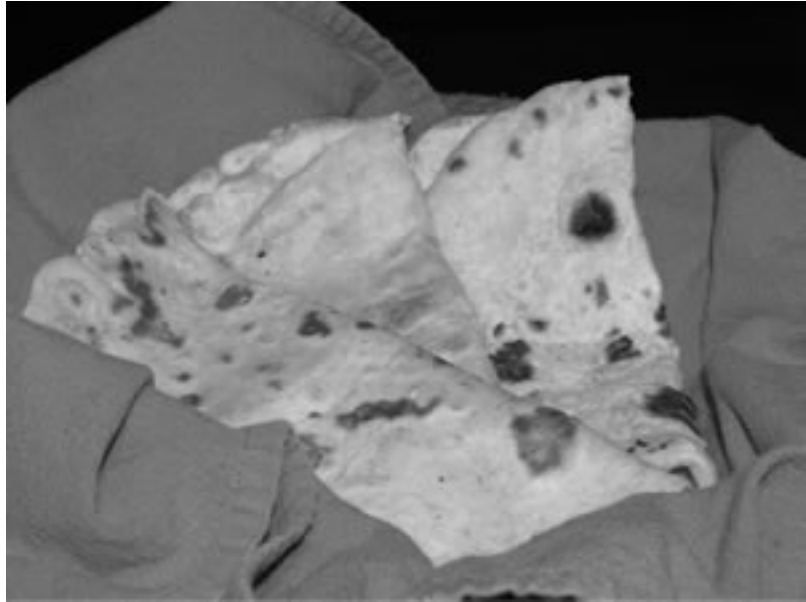


## Coconut Chapatis

4 c ..... Flour  
1 tsp ..... Salt  
1 can ..... Coconut Milk  
as needed Ghee

1. Place flour and salt in a bowl and stir in coconut milk.
2. Divide dough into 9 equal balls and thinly roll out each one on a floured board.
3. Brush each with ghee and fry.



While on safari in Tanzania, dinner at many of the lodges, bush homes and camps that we visited we were served pumpkin soup to start with. While we were camping in the Serengeti NP we had the opportunity to eat a traditional East African meal of curried plantains, curried chicken (which were probably really guinea-fowl), and some pork (probably wart hogs) in a sauce. Most of the dinner meals had rice or Ugali, which is a corn mush, for the starch. I wish I had taken more notes on all of the food but I was more into the animals. For breakfast each morning we were served a typical English breakfast buffet of bacon/sausage, grilled tomato, scrambled eggs and not so typical on an English breakfast buffet but typical in Africa, fruit galore. Because we spent most of the day in the bush we had box lunches with chicken, a hard-boiled egg, chips, and something for dessert like a candy bar/chocolate.

The one thing that was consistent with all of our meals no matter where we were was the Chapatis (Indian flat bread), which I could never get enough of. I've attempted other recipes but adding the coconut milk gave them a tenderness and a little bit of sweetness without giving them a strong coconut flavor. Chapatis are used to sop up sauces and to pick up bits of food in place of a fork.

Be creative, have fun and enjoy!!!

