

## Roti Dile Koko

Ingredian: dile koko, lafarinn, delwil, disel

Lekipman: belna, chowki, tawa

1. Melanz lafarinn ek dile koko avek enn tipe delwil ek disel
2. Kraz tou ziska li fer enn boul, fode pa li kole
3. Fer bann ti boul, apre belo enn par enn
4. Met inpe delwil, apre pliy an kat
5. Re-belo saki finn pliy an kat
6. Met lor tawa, ek pas enn tigit delwil
7. Les li kwi, apre devir li, pas enn tigin delwil
8. Kan li'nn bien dore, tir li met lor enn pla

So gou fondan!



## Coconut Milk *Roti*

Ingredients: coconut milk, flour, oil, salt

Utensils: rolling pin, board, griddle

1. Mix the flour and coconut milk with a little bit of oil and salt
2. Knead the dough until soft and not sticky
3. Divide the dough into little balls, and flatten each one with the rolling pin
4. Brush each flattened ball lightly with oil, then fold into four
5. Flatten each one again
6. Cook separately on the griddle, brushing again with a little oil
7. Leave to cook a little, then turn over, brush again with oil and cook until golden brown.
8. Serve on a plate

Melts in the mouth!



**CHAGOS:  
Cultural Heritage  
Across Generations**

