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**REFLECTION ON ROTI CANAI**

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# ROTI CANAI

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## OVERVIEW

This topic came about as I was thinking about Malaysian most popular breakfast meal and I remembered how Jeff was totally going bonkers about Roti Canai. It made me decided to do some researches of this most popular cuisine which is believed to have Indian origin and how it has been assimilated over the decades to become a part of Malaysians.

## INTRODUCTION



*The Photo of "ROTI CANAI"*

The Photo of “ROTI CANAI” One of Malaysia’s most popular breakfast meal, Roti Canai is basically a bit of mixture which is worked, tossed, smoothed, oiled and cooked on a level press skillet. Eaten hot with either lentil, angle or chicken curry; or indeed with sugar or condensed milk. It Pronounced roti Chanai/Prata. Roti Canai is combination of two words which is Roti & Canai. Roti means bread and canai means rolling out the dough. Well, roti within the Malay word for bread. On the off chance that you enter a grocery shop or super shop in Malaysia and ask for “roti” you'd get a lounge of western bread. Peoples say “canai” comes from the word “Chennai” which is of course the initial title of the city of Madras in India. So, roti canai actually implies “bread from Chennai”.

## **INGREDIENTS**

- ❖ salt
- ❖ sugar
- ❖ wheat flour
- ❖ water
- ❖ oil

## MY EXPERIENCES



*Me at "Seri Mutiara Restaurant" with Roti Canai.*

Me at "Seri Mutiara Restaurant" with Roti Canai. Me along with my group mates were visited some restaurants to taste this delicious meal, Roti Canai. Traditionally roti canai is served with dhal (lentil curry) or different types of curry, such as lamb or chicken curry. However, the variety of roti canai as the staple lends itself to many changes, either savory or sweet, with a type of toppings and fillings, which contains eggs, banana, sardines and onion. It was said that the dish was brought over from India by the Indian Muslims, moreover known as "mamaks" in Malaysia. It has become synonymous with Malaysia that a few say it is less demanding to discover the dish in Malaysia at that point it is in India. On the contrary, some peoples said that the dish was originated

from Malaysia. Made by the “mamaks” in Malaysia to adjust to local tastes, people who say this is why it is hard to find this meal in India (because it is not an Indian dish). In my country Roti Canai is popular with the name of Roti or parotta. I remember when I was younger, my mother would make our own traditional roti. Mom preparing the dough before we went to sleep, keep it overnight to let the dough settle and began kneading it first in the morning, so it we all would have our home-made roti with dhal or chicken curry before we left for school at 8:00 am. In Malaysia, currently we just bought it over from the nearby shop or restaurant. But to find a really good traditional roti canai you may have to try out several places because a traditional roti canai should be light, smooth and buttery on the inside, layered and slightly crispy on the outer part.

**\*\*\*THANK YOU\*\*\***