

Ugandan Rolex (Egg & Veggie Flatbread Wrap)

Recipe by Tutu Badaru

The Ugandan Rolex is a popular street food that can be found on any corner of any busy streets. It is a unifying food that is eaten by people of every social stature and is not limited to specific meal time. Rolexes can be eaten at any time of the day and can be adapted to include personal preferences as well as seasonal availability. Initially called rolled eggs, the beloved dish earned its name because when said very quickly, “rolled eggs” sounds a lot like “Rolex.”

Serves 2-3 people

Ingredients

For the chapati:

- *3 Cups All Purpose Flour
- 1 ½ tsp. salt
- *3 tbsp. Sunflower Oil
- 1 ¼ cup warm water
- *Oil for frying

For the egg filling/ omelet:

- *6 eggs
- *½ small cabbage, shredded
- *4 small tomatoes, 2 minced and 2 sliced
- *2 small red onions, one diced and the other sliced [steep the sliced red onions in ¼ cup of local apple cider vinegar]
- *6 small rainbow carrots, grated
- *1/3 cup micro cilantro * *Ingredients available seasonally at your neighborhood Greenmarket*

Instructions

Making the chapati:

1. In a large bowl, sift in the flour. Add the salt and mix well.
2. Make a well in the flour and add the 3 tbsp of sunflower oil.
3. Then add warm water, a little at a time and knead it into a soft dough.
4. Lightly grease the bowl before putting the dough in it to rest. Keep it aside for 20-30 minutes covered with a damp dish towel or flour sack.
5. After the dough has rested, pinch small amounts of dough to form smaller balls and place them on the side covered with the damp cloth.
6. Then take the small balls one at a time, and roll them into thin chapati with 9 inch diameter or required. Keep it aside. [Note: make sure you keep your surface lightly floured in order to prevent the dough from sticking.]
7. Preheat a cast iron skillet over medium-high heat, when hot add a chapati after dusting off the excess flour.



8. When bubbles begin to form on one side of the chapati, it is time to flip it over (about 30 seconds). Drizzle 1 tbsp. of sunflower oil over the charred side and when bubble begin to form on the other side- flip it over and drizzle oil over the second side.
9. When both sides are oiled, cook until they are lightly browned, about 1 minute in each side. Lower heat if the chapati is cooking too quickly or burning.
10. Placed cooked chapati on a plate in between a clean dish cloth to keep the chapatis warm and soft.

Making the Rolex:

1. It is easiest to make one Rolex at a time.
2. Break two eggs into a glass measuring jar or mug then add the cabbage, minced onion and tomato, grated carrot as well as freshly ground pepper and salt to taste. Using a fork, whisk until all the ingredients are combined.
3. Preheat the same pan used to make the chapati and when hot add 2 tbsp. of sunflower oil. Pour the egg mixture onto the pan, swirl the skillet to spread the mixture over the pan. Cook the omelet until lightly browned on both sides.
4. After flipping the omelet over, place a chapati on top of the omelet to warm it up as well as to start the process of making the Rolex. When the second side is cooked, flip both the chapati and omelet onto a newspaper or parchment paper that will be used to wrap the Rolex.
5. Before rolling up the chapati and the omelet, place some of the sliced onion, tomato and top with a handful of the micro cilantro. Using the parchment paper, because the Rolex will probably be hot, roll up the chapati, egg and fillings into a burrito shape.
6. Make two more Rolexes and serve warm.