

Parantha

Flaky pan fried flat bread

Hari
GHOTRA



Ingredients

500g atta

water

1 tsp spoon butter/ghee or vegetable oil

½ tsp carom seeds (optional)

Topping

2 or 3 large sweet potatoes, boiled

1 tbsp ghee

2 spring onions, chopped

A pinch chilli flakes (more for extra heat)

1 tsp garam masala

Method

- 01** Put the atta in a bowl and add a little water at a time.
- 02** Using your hand bring the flour and water together to make a dough.
- 03** Start to knead it together using your knuckles folding over as you. The dough should come together and come away from your hand and the bowl. If it is sticky add a little more flour and continue to knead. It needs to be soft but not too sloppy
- 04** Set to one side for half an hour as least before making the roti, on a plate put some dry atta for dusting, and heat up the tava to a low heat.
- 05** Flour hands and take an approx 6cm ball of dough - about the size of a large tangerine. Roll the dough in the palms of your hand to make a smooth round ball. Ensure there are no cracks in the dough.
- 06** Flatten on the surface using your fingers, flour again and using you rolling pin begin to roll out.
- 07** If it sticks just flour, turn over and roll again - try not to let it stick.
- 08** When it is about 12cm in diameter smear it with a teaspoon of butter and sprinkle on the carom seeds.
- 09** Fold the top down half way and the bottom up to the top.
- 10** Fold the right side into the middle and the left side in to the middle - you should end up with a little square.
- 11** Flour the square and roll out - Try and keep it in a square shape - pick up and flour and rotate to roll out the other side.
- 12** The tava should now be heated. When the parantha is about the size of a side plate about 18cm place it flat on the tava.
- 13** You will see the colour of the parantha darken after about 6 seconds as it cooks. Turn it over and smear the cooked side with butter/ghee or oil.
- 14** As little bubbles start to appear turn it over again (it will get smoky) and butter or oil the other side. It should puff up - continue to turn over until it is crisp and golden. Remove from the tava onto a plate.
- 15** It should be crisp yet soft to eat - great with plain yogurt and some spicy pickle.



More on this recipe

<https://www.harighotra.co.uk/parantha-recipe>

HariGhotra.co.uk