

# Stuffed parathas

*Stuffed parathas are a popular breakfast item in most parts of northern India. They're great served with a knob of butter!*

**Prep time – 10 + 15 minutes**

**Cooking time – 10 minutes**

**Serves 4-6**

**Ingredients:** 2 cups of chapatti flour, 1 tbsp oil, pinch of salt, 2 cups of water (may not use all of it) 2-3 boiled potatoes/2 cups grated raw cauliflower/2 cups crumbled paneer or other filling of choice; 1 tsp cumin, ½ tsp turmeric, 1/2 tsp garam masala, 1 tsp red chilli powder (or to taste), 1 tsp coriander powder, handful of chopped fresh coriander, 2-3 chopped green chillies (optional), salt to taste.

**Method:** Combine together flour, salt and oil in a large mixing bowl. Make a well so that you can see the bottom of the pan. Add water to the top of the well. Start to combine the flour and water by moving your hand in a circular motion, much like a whisk. Bring the dough together and knead for 3-4 minutes. The dough needs to be of medium-soft consistency, so add water as needed. Too sticky and it will become difficult to roll out. Once it all comes together, remove it onto a lightly floured surface and knead for a further 2-3 minutes. Place back in the bowl and cover with a damp tea towel or kitchen paper. Leave to rest for 10-15 minutes.

In another mixing bowl, mix together the spices and your choice of filling. Allow the spiced mixture to rest for about 5 minutes. Then, press small portions of the mixture between your palms, squeezing out any excess liquid. This helps to dry out the filling. Taste and adjust seasoning.

Divide the dough into 3-inch balls. Start to flatten one doughball along the edges till it makes a 5-inch 'cup'. Fill this with about 2 tbsp. of filling, and bring the dough together around it to enclose the mixture. Seal it well and flatten between your palms. Coat it with some dry flour and start to roll it out gently to about a 3-4mm thickness.

Set a frying pan on high heat. Place the paratha on the pan and allow it to cook for a minute or so, till you see it start to bubble. Flip it over and drizzle some oil. Allow the other side to cook for a minute or so and then flip it again, to drizzle oil on the second side. Move the paratha around the pan so that it cooks evenly, flipping one more time. Serve hot with a knob of butter or some yogurt.

# Roti/chappati

*The simplest and healthiest of all flatbreads, rotis make a great accompaniment for curries*

**Prep time – 10 + 15 minutes**

**Cooking time – 10 minutes**

**Serves 4-6**

**Ingredients:** 2 cups of chapatti flour, 1 tbsp oil, pinch of salt, 2 cups of water (may not use all of it)

**Method:** Combine together flour, salt and oil in a large mixing bowl. Make a well so that you can see the bottom of the pan. Add water to the top of the well. Start to combine the flour and water by moving your hand in a circular motion, much like a whisk. Bring the dough together and knead for 3-4 minutes. The dough needs to be of medium-soft consistency, so add water as needed. Too sticky and it will become difficult to roll out. Once it all comes together, remove it onto a lightly floured surface and knead for a further 2-3 minutes. Place back in the bowl and cover with a damp tea towel or kitchen paper. Leave to rest for 10-15 minutes.

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Divide the dough into 2-inch balls. Coat a doughball with dry flour. Start to roll out the doughball on a lightly floured surface till it is about 1-2 mm thick.

Set a frying pan on high heat. Place the roti on the pan and allow to cook for a minute or so, till you see it start to bubble. Flip it over and allow the other side to cook for a minute until it is nearly cooked through. Flip it one more time, and press gently along the edge with a spatula or piece of kitchen paper. This helps to move the steam around the roti. Take off the heat after 20 seconds or so. Serve hot with a dollop of ghee.