

Stuffed Parathas

Prep time – 10 + 15 minutes

Cooking time – 10 minutes

Serves 4-6

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

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/2 cups chopped onions
1 tsp carrom seeds, 1 tsp cumin, ½ tsp turmeric, 1 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 and add half the water. Start to combine the flour and water by moving your hand in a circular motion, much like a whisk. 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 well oiled surface and knead for 4-5 minutes.

Place back in the bowl and cover with a damp tea towel or cling film. Leave to rest for 10-15 minutes.

In another mixing bowl, mix together the spices and your choice of filling. If using onions, leave out the salt and only add it as you roll out each paratha, or the moisture will make it difficult to roll them out.

Take some dough and roll it into a 3-inch diameter ball. Start to flatten it out between your fingers 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 dough and start to roll it out gently to about a 3-4mm thickness.

Place the paratha on a pre-heated crepe and allow 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.