

Paratha

Paratha is an unleavened flat bread consumed in India.

It is also eaten in other countries like Pakistan, Sri Lanka, Myanmar and Bangladesh

The exact meaning of paratha is layers of cooked dough.

Nutritional Facts:

Paratha is rich in fiber, minerals and protein if added with legume or lentil flours.

It is good for diabetes as it provides a slow release of glucose or sugar in blood.

It has a very good satiety value.

Ingredients: White wheat flour /all purpose flour, salt, chilli flakes, garlic, cumin seeds or carom seeds, oil or butter optional and water

Stuffing: cooked and mashed potato, or any leafy vegetables finely chopped (Spinach) or shredded vegetables (carrot or cabbage, cauliflower or any vegetable which is finely chopped)

Steps

First take white wheat flour or all-purpose flour (100g), add salt (1.5 g), chilli (2g), garlic (2 g), cumin seeds (2 g), or carom seeds (2.0 g) oil or butter (2.0g), 25 g of any of the above listed stuffing as per your choice.

2. mix all the dry ingredients homogenously and then add shredded vegetables or mashed potato, mix it again and then slowly start adding water until you get a good soft dough.
3. Allow the dough to rest for 10 min
4. Divide dough ball into 40 g
5. Roll into circular shape or any shape of your choice
6. Cook on the hot griddle. The first side around 60 seconds and turn upside down and cook it again for another 60 seconds.
7. Apply butter or oil on both surfaces/sides and cook it for 15 seconds from each side
8. Enjoy with ketchup or sauce or pickles or curried preparation like Paneer or mixed vegetables

