

# INDIAN COOKING

7 Oct 2021

## 1 Dough, 3 Indian Breads Puris | Parathas | Chapatis

### Equipment

Mixing bowl/wide tray  
Rolling Pin  
Chapati pan/non stick crepe or frying pan  
Spatula  
Small sauce pan/wok

### Ingredients

- 1 cup (120g) chapati flour
- Just less than 1/2cup (95-110ml) water
- Oil
- Butter/Ghee

### Directions

#### To make the dough:

1. To make the dough, place flour in a bowl/wide tray. Add the water a little at a time, mixing in between. Combine to create a soft dough that is tacky but not overly sticky. If it becomes too wet you can add a little more dry chapati flour.
2. Once it has combined together into a dough, very lightly grease your hands with a little oil and begin to knead the dough. Continue to knead for a minute until your bowl/tray is nice and clean and you have a soft dough. It's important your dough is not too tough (it should be soft). Cover with cling film or damp towel and leave out to rest for 10-15 minutes.
3. Lightly grease your hand once again and knead the dough for 1-2 minutes or until you have smooth pliable dough that is soft and springs back when you press it. Then, divide the dough and roll into 3 smooth dough balls.

#### To make Chapatis:

1. Warm a non-stick chapati/crepe/frying pan on a medium heat. Take 1 dough ball and press it in dry flour on both sides.
2. Using a rolling pin, roll into a 5-7 inch circle. Turn the chapati as you roll it to ensure it is even all the way around. If the dough sticks to the rolling pin or rolling surface, lightly dust the chapati with flour. The chapati should be nice and thin (10p piece thickness) and even all the way around.
3. Web your fingers and "clap" the chapati between your hands to get rid of any excess flour. Place the chapati on the hot pan.
4. You will notice the chapati will start to change colour. Flip it over and increase the temperature to maximum heat. Cook the other side and do not flip until it is fully cooked – there should be no doughy areas and the chapati should have golden spots all over.
5. Once fully cooked, flip the chapati. Now, very lightly, press the chapati using a small towel scrunched into a ball. The chapati should begin to puff. Check the other side and ensure it is fully cooked (no doughy patches etc). Remove from heat.
6. Keep in an insulated box or wrap in foil and then in a tea towel to keep warm before serving.



#### **To make Parathas:**

1. Dip a dough ball into the bowl of flour and with a rolling pin, begin to roll out until it is the size of a tea saucer, forming a small chapati.
2. Spread butter evenly all over the chapati. Now fold into a semi circle and fold again to make a triangle.
3. Dip this into the dry flour and roll out gently evenly. It should be thicker than a chapati and thinner than a naan. Increase the heat of the frying pan to the maximum setting.
4. Carefully pick up the paratha and flip from hand to hand to get rid of any excess flour.
5. Place it on the frying pan. When it changes colour, turn it over. Let it cook for 10-12 seconds and flip it over again - it will be semi cooked. Now, brush over a little oil. Flip the paratha and brush the other side with oil. Let it cook for about 10-20 seconds. Now repeat for the other side until your paratha is golden all over and crispy. Finish by smearing a teaspoon of ghee or butter. Make the rest of the parathas using the same process.

#### **To make Puris:**

1. Very lightly grease your palm and roll one piece of the dough into a smooth ball. Then press it between your palms to flatten.
2. Roll the dough into about a 6-7inch circle with an equal thickness all the way around, about the thickness of a 10p piece. If you find the dough is sticking, lightly grease your rolling pin and your work surface with a couple of drops of oil.
3. Heat the oil in a pan (small woks work best) on a medium/high heat.
4. Carefully place the rolled out puri into the oil. Begin to gently press down on the puri with a metal slotted spoon. You should see the puri begin to puff.
5. Turn the puri over with your slotted spoon and cook it for a further 10 seconds. Once light golden on both sides, remove the puri from the wok with a slotted spoon, draining as much oil as you can. Then place on kitchen paper.
6. Repeat with the remaining dough balls. Serve immediately to accompany your favourite dish!