

PHULKA ROTI

Phulka Roti Recipe - A traditional soft Indian whole wheat flat-bread served best with vegetable curry, daal & rice.



Prep Time	15 mins / 20 mins	Cook Time	20 mins	Cuisine	Indian
Serves	9 Phulkas	Ingredients	Wheat Flour 1 cup Oil 2 tsp Water 1/3 cup or as required		

Instructions

1. Sieve the whole wheat flour (chappati flour) in a large mixing bowl.
2. Now while adding a little water at time start kneading the dough.
3. Once the dough is almost done, make a well in center and pour Oil.
4. Knead the dough again and mix oil into it.
5. Using hand hand pound the dough nicely so that it becomes softer.
6. Once the dough is ready, cover the dough with damp cloth and keep aside for 10 minutes to rest.
7. Once the dough is rested, pound again and make soft phulka roti dough.
8. Divide the dough into small lemon size round balls. Roll the balls between your palm and make them into round shape ball. Keep aside.
9. Before we start rolling the phulka roti, heat a iron tawa / skillet on gas.
10. Take a rolling board (chakla/patlo) and place a dough ball on it and press and make flat.
11. Dust the dough ball with some wheat flour and start rolling into 3-4 inch rotis.
12. Again take the rotis and dust some more wheat flour.
13. Roll the phulka roti again into 5-6 inch diameter circular disc.
14. By now the skillet must become hot enough for roasting. Place the rolled phulka on tawa/skillet and roast for 20-30 seconds until small bubbles starts appearing on dough.
15. Flip the phulka using tongs and roast on other side again for 30-40 seconds until the bottom starts becoming light brown in color.
16. Turn the gas on high flame and take the phulka off the tawa/skillet and place it on direct flame.
17. Phulka roti should starts getting puffed up. Roast the roti on direct flame for 5-10 seconds and let it puffs up completely.
18. Now flip the phulka roti and roast the other side on direct flame just for 2-3 seconds.
19. Reduce the heat and take the phulka off gas and place it on a plate.
20. Repeat the rolling & roasting steps and make remaining phulkarotis.
21. Smear some ghee (clarified butter) on top of phula roti.
22. Delicious homemade phulka roti on gas is ready. Serve the phula roti hot with any vegetable curry, daal, lentil & steamed rice.

PARATHA

Paratha Recipe - A tasty cumin flavored Indian flat-bread recipe that goes well with yogurt raitas and daals.



Prep Time 10 mins **Cook Time** 15 mins **Total Time** 25 mins

Recipe Type Breakfast **Cuisine** Indian

Ingredients **For Making Dough**

Wheat flour 2 cups | Jeera (cumin seeds) 2 tsp | Oil 1 tbsp | Salt 1 tsp or to taste | Water 1 cup or as needed

For Making Paratha

Oil 6 tbsp | Dry wheat flour 1 tbsp

Instructions

1. In a mixing bowl take whole wheat flour and add cumin seeds, oil and salt to taste.
2. Mix well all the ingredients.
3. Once everything is mixed add water as required and knead dough.
4. After the dough is kneaded rest it for about 5 minutes.
5. Now divide paratha dough and make small lemon size balls.
6. With the help of the rolling pin roll the small ball into small 4-5 inch diameter puri.
7. Apply oil, dry wheat flour and red chili powder and fold into half and again apply oil and fold to form a small triangle.
8. Repeat the steps for remaining dough balls and make triangles and keep aside.
9. Now carefully roll all the triangle into triangle paratha.
10. Heat a flat bottom non-stick pan or tawa and place the triangle paratha on it.
11. When you see bubble start coming on top flip the paratha to the other side.
12. Apply oil on top and again flip the paratha cook properly on both side till golden brown.
13. Jeera paratha is ready. Server it with veg jaipuri, palakdaal or boondi raita or onion tomato raita.

POORI

Poori/Puri recipe - Indian deep fried flat bread, kids favourite recipe!



Prep Time	10 mins	Cook Time	5 mins	Total Time	15 mins
Recipe Type	Breakfast	Cuisine	Indian	Yields	8-9 nos
Ingredients	1 Cup = 200ml				
	For Making Dough				
	Wheat flour/atta - 1 cup Melted ghee - ½ tsp Sooji/rava - ½ tsp Sugar-A pinch (optional)				
	Salt-as needed Water-as needed (i used around 1/3 cup)				

Method

1. In a wide bowl, take the flour. Add salt, a pinch of sugar, rava, ghee and mix well to make a crumbly mixture. Add water little by little and make the dough. Dough should not be sticky, wet or too soft like chapati dough. It should be smooth and stiff but not hard.
2. I used around 1/3 cup plus 1-2 tbsp of water. It may vary based on the flour u use. Keep this as reference. Initially u may feel the dough little bit hard. knead well in between ur palms for few minutes. It will become smooth and soft. Do not allow the dough to sit for long time. Start rolling.
3. Make small lemon sized balls. Dust the balls in flour and make small sized poori of palm size. Use less flour for dusting. The thickness should be medium, not too thin like chapati. If u make it thin, puris won't puff up. Arrange the poori in a paper or a greased plate without overlapping each other.
4. Heat oil to deep fry. To check the right temperature of oil, put a small piece of dough. It will rise immediately at the same time it should not be browned. This is the perfect heating of oil. Immediately slide the poori and after a second, press it with a slotted ladle. It will puff up well. Flip it carefully and allow it to cook for few seconds till the bubbles cease. Remove and lower the flame till u drop the next poori. Drain in a tissue paper. Keep the flame high and repeat the same for remaining pooris.

MASALA KHAKHRA



Prep Time 10 mins **Cook Time** 15 mins **Total Time** 25 mins

Serves 4 Khakhras **Cuisine** Indian

Ingredients ½ cup whole wheat flour (gehunkaatta) | 1 tsp besan (bengal gram flour) | 1/2 tsp cumin seeds (jeera) | 1/2 tsp chilli powder | a pinch of turmeric powder (haldi) | a pinch of asafoetida (hing) | 2 1/2 tbsp low-fat milk | 1 tsp oil | salt to taste | whole wheat flour (gehunkaatta) for rolling

Method

1. Combine all the ingredients and knead into a soft dough without using any water.
2. Divide the dough into 4 equal portions and roll out each portion into a very thin round of 175 mm. (7") diameter using a little whole wheat flour for rolling.
3. Heat a non-stick tava (griddle) and cook each khakhra on a slow flame till pink spots appear on both the sides.
4. Continue cooking the khakhra on a slow flame, while pressing with a folded muslin cloth, till it turns crisp and brown from both the sides.
5. Cool and store in an air-tight container.

WHEAT BREAD

100% whole wheat bread made with atta or 100% whole wheat flour, yogurt and yeast.



Prep Time	1 hour	Cook Time	25 mins	Total Time	1 hour 25 mins
Recipe Type	Breakfast	Serves	2-3	Cuisine	World
Ingredients	3 cups 100% whole wheat flour/atta 1 to 1.25 cups water - i used 1.25 cups water 1 tsp rock salt 1 tsp instant yeast or ½ tbsp dry active yeast 1 tbsp unrefined cane sugar or regular sugar 2 tbsp ghee or butter or oil 2 tbsp yogurt/curd (dairy or vegan) or 1.5 tbsp vinegar Some milk (dairy or vegan) for brushing the top of the bread				

How to make the recipe

Preparing the dough with instant yeast :

1. Sieve the flour with salt or just mix the flour with the salt.
2. Add the 1 tsp instant yeast and just lightly mix.
3. Then add sugar, ghee, curd and instant yeast.
4. First just mix everything lightly and then slowly adding water in intervals knead to a smooth, soft dough.
5. Add more water if required. the dough should be slightly sticky.
6. Brush some water all over the dough and keep in a deep wide bowl covered with a lid or kitchen towel for 30-35 minutes.
7. Remove and then lightly punch & knead the dough again.
8. Make a log of the dough and seam the edges.
9. Place it in a greased loaf pan for 40-45 minutes.
10. Cover and let it rise.
11. Preheat the oven at 220 degrees C for atleast 20 minutes.
12. Once the bread has risen in the loaf pan, keep in the oven and bake for 22-25 minutes or until the bread sounds hollow when tapped.
13. If the bread begins to brown from the top, then cover with butter paper or aluminium foil.
14. When the bread is still lightly hot, remove from the loaf pan and keep it on a wired tray to cool.

Preparing the dough with dry active yeast :

1. Warm 1 or 1.25 cups of water.
2. Add 1 tbsp sugar and dry active yeast.
3. Stir and let the yeast activate.
4. This usually takes about 10-12 minutes.
5. Sieve both the flour with salt.
6. Add the proofed yeast mixture, ghee/butter/oil and yogurt.
7. Mix all the ingredients first.
8. Then begin to knead the dough.
9. Add more water if required. the dough should be slightly sticky.
10. Continue to knead, till you get a smooth dough which when stretched doesn't tear.
11. Rub or brush water all over the dough and keep in a covered bowl to leaven for 1.5 to 2 hours.
12. After 1.5 to 2 hours, remove the dough and punch and deflate it lightly.
13. Roll a single log of the dough.
14. Tuck the edges down on both sides of the bread loaf.
15. Place the bread in a greased loaf pan (9×5 inches) with the tucked edges facing downwards.
16. Cover the loaf pan and let the dough leaven for 40 minutes to 1 hour.
17. Preheat the oven at 220 degrees C for at least 20 minutes.
18. Once the bread has risen in the loaf pan, keep in the oven and bake for 22-25 minutes or until the bread sounds hollow when tapped.

WHEAT BISCUITS



Serves 8-10 Biscuits

Ingredients 2 cups whole wheat flour | 4 teaspoons baking powder | ½ teaspoon salt
4 tablespoons cold unsalted butter | 1 cup milk (any kind)

Instructions**Preparing the dough with instant yeast :**

1. In a medium sized bowl combine flour, baking powder, and salt. Mix well with whisk or fork.
2. Cut the ½ stick butter into little pea sized pieces and then mix the pieces into the flour mixture.
3. Using a fork, try to mash the butter pieces as you mix it together with the flour until it resembles coarse crumbs. It is okay if the outcome just looks like the same pea sized pieces of butter covered with flour.
4. Then pour in the milk and mix it all together. Knead the dough with your hands 8 to 10 times and then turn out onto a counter or cutting board.
5. Pat it out flat with your hands until the dough is a somewhat even ¾-inch thickness (sprinkle with a little flour if necessary).
6. Turn a drinking glass upside down and cut out biscuit rounds. I have also used shaped cookie cutters (like a heart or star) if you have little ones helping you!
7. Then put them on an ungreased cookie sheet and bake at 450 degrees for 10 – 12 minutes or until lightly browned.