

Rotis & Parathas

Introduction to Parathas

A corollary to the rotis and naan, a variety of parathas, I present this week, hoping you will like the novel and traditional tastes alike.

Basic dough for the parathas is same, and the fillings and their methods change.

Though most paratha makers would use nothing less than maida for the dough, I prefer to use wheat flour instead, since it is easier to digest. So feel free to interchange the two flours as you like.

Basic paratha dough:

Ingredients

2 cups flour

1 tbsp. fat (oil or ghee)

salt to taste

water to knead

Method

Mix all ingredients except water. Add a little at a time and form a soft pliable dough. Keep for 30 minutes before using.

Always keep covered with a moist cloth, and see that the cloth is kept moist.

One paratha requires a pingpong ball sized lump of dough. Henceforth in this section 1 lump means this size.

For rolling, use dry flour as in phulka, etc., to roll easier. Dust the roti with dry flour now and then.

General rule about filling the paratha:

Roll a thick roti about 4" diameter.

Place a tbsp. of filling at centre.

Bring the ends to the centre from 4 or 5 points.

Overlap ends so they do not leave an opening.

Press gently.

Dust with dry flour, proceed to roll to 6" diameter.

General rule about frying the parathas:

Heat a heavy griddle, place paratha on it.

Allow one side to cook have brown golden patches.

Turn repeat for other side. Drizzle some oil and flip.

Drizzle oil on other side. Sizzle till done.

Spinach Parathas

Ingredients

1 recipe paratha dough (refer introduction)
1 cup spinach cleaned & finely chopped
1 tsp. red chilli powder
1/2 tsp. chat masala
salt to taste
2 tbsp. plain flour
oil to shallow fry

Method

The spinach must be towel dried well.
Or else the filling will ooze out and make rolling difficult.
Mix all dry ingredients together.
Roll a lump of dough as for paratha.
Spread some spinach over it.
Sprinkle some dry mixture all over.
Make a tight swiss roll. Now twist into a coil.
Press together and reroll to full size.
Shallow fry as given in introduction.
Serve hot.

Variation: Use chopped fenugreek leaves instead of spinach.

Paneer Parathas

Ingredients

1 recipe paratha dough (refer introduction)
1 cup paneer crumbs
4-5 green chillies finely chopped
1 onion finely chopped
1 tbsp. coriander finely chopped
1 tsp. mint leaves finely chopped
salt to taste
2 tbsp. ghee
ghee or oil to shallow fry

Method

Roll dough to a large square.
Spread some ghee all over.
Fold in half. Spread ghee.
Fold in quarter. Spread ghee.
Roll again to full size. Repeat above procedure.
Roll into a tight swissroll. Refrigerate for 15 minutes.
Break off lumps and use as regular paratha dough.
Mix all filling ingredients.
Take a lump of dough.
Roll halfway. Spread some filling.
Make a tight swissroll. Twist to a spiral.
Press roll to full size.
Shallow fry. Serve hot with any gravy vegetable.

Tomato Onion Parathas

Ingredients

1 recipe paratha dough (refer introduction)
1/2 cup tomato finely chopped
1 cup onions finely chopped
1 tbsp. coriander finely chopped
1 tsp. red chilli powder
1/2 tsp. cumin powder
salt to taste
oil to shallow fry

Method

Mix all ingredients, except dough and oil.
Take a lump of dough as per introduction.
Divide into 2 lumps. Roll both separately into thin chappatis.
Drain excess water from the mixture every now and then.
Spread some filling on the chappati, moisten the rim with water.
Press the other chappati over it, seal the rims together.
Shallow fry as per introduction.
Serve hot and crisp with butter or chutney.

Cauliflower Parathas

Ingredients

1 recipe paratha dough (refer introduction)
1 cup grated cauliflower
1 cup grated cabbage
1/2 tsp. ginger grated
6 green chillies crushed
1 tbsp. coriander leaves chopped
1/2 tsp. garam masala
2 tbsp. cornflour or plain flour
salt to taste
oil to shallow fry

Method

Sprinkle some salt over grated cauliflower and cabbage.

After 5 minutes, press and remove all excess water.

Add all other ingredients and mix well, except oil.

Roll one lump of dough (refer introduction), place a tbsp. of mixture.

Roll paratha as shown in introduction.

Shallow fry as shown in introduction.

Serve hot with chilli garlic sauce or tamarind chutney.

Besan Parathas

Ingredients

1 recipe paratha dough (refer introduction)
1/2 cup gram flour
1 1/2 tsp. red chilli powder
1/2 tsp. turmeric powder
3-4 pinches asafoetida
1/2 tsp. cumin seeds
1 tbsp. coriander finely chopped (towel dried)
oil or ghee to shallow fry

Method

Mix the gram flour, chilli powder, turmeric powder, asafoetida, cumin seeds, coriander.

Take a lump of dough as per introduction.

Roll, spread oil on the chapati.

Sprinkle some filling over it.

Tightly roll into a swissroll.

Form an overlapping spiral.

Press and reroll to full size.

Shallow fry and serve hot with curds and pickle.

Potato (Aloo) Parathas

Ingredients

1 recipe paratha dough (refer introduction)
2 large potatoes boiled and peeled
4-5 green chillies finely chopped
1/2 tsp. ginger grated
4-5 garlic flakes crushed
1 tbsp. coriander leaves chopped fine
1/2 tsp. turmeric powder
salt to taste
1 tbsp. oil
oil to shallow fry

Method

Mash the potatoes.

Heat 1 tbsp. oil in a heavy pan.

Add ginger, chilli, garlic, stir.

Add coriander, potatoes and other ingredients.

Mix well.

Roll each paratha as per instructions in introduction.

Deep fry each parathas as per instructions in introduction.

Serve hot with tomato ketchup, chutneys or pickle or just plain fresh curds.

Gobhi Paratha

Ingredients

1 cup of grated gobhi (cauliflower)
3 cups of wheat flour for paratha
4 green chillies
2 spoons butter
1 spoon salt
corriander leaves

Method

Cut the chillies into very small pieces.

Take wheat flour in a vessel, add grated gobhi, cut chillies, butter, corriander leaves and salt.

Mix all this with warm water , in such a way that you must be able to make paratha / roti with the dough.

Take small pieces of dough and press it with roti maker into round paratha.

Place the non-stick tawa on the stove . After heating, place the paratha on it and add 1 spoon of oil on either sides of paratha.

Keep it on the tawa until it becomes brown on both sides by repeatedly changing the sides.

Serve this hot with some pickle.

Red Beet Paratha

Ingredients

2 cups wheat flour

2 tbsp chana flour

1 red beet

1 bunch of coriander leaves

1 tbsp oil

2 tbsp sesame seeds

1 tbsp red chilli powder or 5 to 6 green chillies (optional)

1/2 tbsp haldi

1/4 tbsp asafoetida and salt to taste

Method

Grate the red beet and finely chop the coriander.

Add all the above listed ingredients and make a dough out of it.

Take a small portion of the dough and roll them into parathas.

Roast them onto the tava by adding little ghee to it .

Delicious Parathas are ready and tastes very good with spicy tomato chutney.

Mulli Ke Parathe

Ingredients

1 medium sized mulli (radish)
3 cups wheat flour
Oil
Salt
Powdered Coriander seeds, Red Chilli,
Turmeric and Dry Mango Powder

Method

Wash and grate the mulli and keep aside after mixing some salt.

After sometime press the mulli between hands to remove the water.

Heat oil in a kadai add the mulli to it and season with the dry powders.

Warm it for sometime and then remove it from heat.

After it cools down add it to the flour along with some oil and salt and make a tight dough mixing water carefully or the dough will become too loose.

Keep aside for some time.

Then make small balls and roll them like parathas.

Put the paratha on the tawa and make like you make any paratha.

Serve hot with curd and chutney of your choice.

Cabbage Paratha

Ingredients

1 small cabbage
4 cups of wheat flour
1 tbsp grated ginger
2 tbsp grated tomato / puree
2 green chillies
6 stems of coriander leaves
2 tsp ghee
Oil to fry
Salt to taste

Method

Grate the cabbage and finely chop the green chillies & coriander leaves.

Take the wheat flour in a bowl, add the Ghee and mix.

Add the grated cabbage, ginger, tomato, coriander leaves, green chillies & salt.

Knead & make a dough by adding small amount of water as needed.

Make 6-8 balls, roll them into round parathas with a rolling pin.

Roast them on both sides on a Tawa by adding oil to it.

Serve hot with pickles or curd.

Let me know how did you like it.

Bhendi Paratha

Ingredients

250 grams ladies finger

1/2 tbsp jeera

1 tbsp chilli powder

1/2 garam masala

Salt to taste

100 gms onion

250 grams of wheat flour

Method

Take a Pan, put oil and saute jeera.

Fry bhendi and onion, add chilli powder, garam masala powder.

Take a big bowl put wheat flour, salt and the bendi mixture.

Mix gradually, and keep it aside for 1 hour.

Make small balls of it and roll them and roast them on a tava.

Serve with dals or vegetable gravy.

Shahi Parathas

Ingredients

250 gm. Wheat flour
100 gm. Maida
2 tsp. Sugar
1 tsp. Baking powder
1 tsp. Yeast
1 tsp. Onion seeds
1/2 cup Ghee
1 tsp. Ajwain
1 tsp. Salt
1 1/2 cup Buttermilk for kneading flour
1/2 cup Warm Water

Method

Sieve the flour and baking powder together and set aside.

Blend yeast and half cup warm water.

Keep in a warm place for about 1/2 an hour or till it ferments.

Mix the yeast mixture into the flour with ajwain and knead well with buttermilk.

Keep aside the dough for about 45 minutes for it to rise.

Knead again and divide into balls. Bake or fry them. Tastes great with tandoori chicken.

Tandoori Stuffed Aloo Paratha

Ingredients

The Stuffing for the Paratha:

2 boiled Potatoes

1 small finely chopped Onion (optional)

Coriander leaves finely chopped

Small piece of Ginger (very finely chopped or grated)

1 or 2 green Chillies (finely chopped)

Salt, Red Chilli powder and Garam masala as per taste.

Butter

For the cover:

Make dough out of wheat flour as you would do for any parantha/roti.

Method

Mash the potatoes.

Add all the stuffing items to mashed potatoes and mix it properly.

Make two medium size chapati, add the filling to the one chappati and cover it with the second one.

Now roll it slightly.

Put it in a pre-heated oven at 450 degree (broil). (Cover top tray with aluminium foil for easy baking)

When top side is done change the side and keep a check (till properly baked)

Spread butter over it.

Serve hot with yogurt.

Coriander Parathas

Ingredients

2 -3 bunches coriander (wash and spread on paper towels, let dry completely.)

1 tsp. poppy seeds

1 tsp. sesame seeds

2 tbsp. minced onion.

1 tsp. very finely grated ginger

2 tsp. garam masala

1 tsp. chili powder

1/2 tsp. turmeric powder

Lemon juice and salt to taste

cooking oil

wheat flour

Method

Chop the coriander leaves very finely.

Lightly roast the sesame seeds and poppy seeds.

Mix together ingredients 2 to 9.

Knead a soft dough with wheat flour.

Prepare stuffed parathas as usual using the coriander mixture.

Roast on greased tava adding little oil.

Serve hot with yogurt or pickle.

Methi Paratha

Ingredients

6 cups Wheat Flour
1 cup Besan
1 tspn. Cumin seeds
Salt as per taste
1/2 tspn. Turmeric Powder
2 tspn. Chilli Powder
2 bunch of fresh green Methi Leaves
1 bunch of Coriander Leaves

Method

Cut methi leaves and coriander leaves into small pieces.

Crush the cumin seeds and keep aside

Take a wide mouthed container, put wheat flour, besan, salt (as per taste), turmeric powder, chilli powder, crushed cumin seeds, cut methi leaves, coriander leaves and mix well. Put water in the mixture and make it a dough.

Convert the dough into small size balls enough to roll like chapatis.

Roll each ball like chapatis and put on the pre-heated pan on the stove. When one side becomes brown, flip on the other side.

When both sides are done apply ghee on both sides

Your hot-hot methi parathas are ready. Serve them hot with Yoghurt and any pickles

Cheese Paratha

Ingredients

For Dough:

1.5 cups Wheat Flour

1/2 teaspoon Salt

Water to knead

(grease hands with oil and smoothen the dough. Cover and keep aside)

For Filling:

250 gms Mozerella Cheese or Cheddar Cheese (grated long)

2 Onions (finely chopped)

1 green chilli (finely chopped)

1 tbsp Black Pepper powder

handful - chopped Coriander Leaves

(Mix all filling together in a bowl and keep aside)

Method

Prepare dough like you would for chapati/roti.

Roll out 2 medium sized thick chapatis

Take 4-6 tablespoons of the filling and spread on one of the rotis.

Take the second roti and stick it on top of the first roti that has the filling

Heat your girdle well. Apply butter or ghee on it and place your roti. Let cook on medium heat until browned. Repeat the same with the other side. Make sure not to flip the roti many times as the filling may spill out

Serve hot with Ketchup.

The more adventurous ones could try adding finely diced vegetables with some extra spices. Boiled, shredded chicken, scrambled egg should also taste good with the above mixture.

Peas Paratha

Ingredients

1 cup wheat flour

1 cup maida (all purpose flour)

1 cup shelled peas (or frozen) (chop this by means of a mixie)

2 Tablespoons oil

Salt to taste.

Garam masala 1 Teaspoon.

Red chili powder 1/2 teaspoon

Ginger-garlic-green chili paste 1 Teaspoon

1/4 cup milk (used for kneading all the above)

Method

Knead all the above ingredients with the milk. If needed a small amount of water can be used.

Keep it for 1/2 an hour.

Then make small balls out of the dough.

Roll out each ball and cook on a nonstick pan.

Aloo Dhania Parathas

Ingredients

potatoes 1/2 kg
dhania 1 bunch
green chillies 4 nos
1/4 tsp hing powder

Method

Boil aloos and mash well.

Grind together dhania leaves , green chillies and hing powder.

Add this paste to the mashed potatoes and mix well so that there are no lumps.

Knead the wheat flour with 2 tbsp oil, salt and water and keep aside for 1 hour.

Take a sizeable portion of the dough and make a dent in the center as you would while making modaks.

Take a portion of the aloo dhania mix shape it into balls and put it in the centre of the dough.

Close it and roll out into parathas.

Fry them on a tava and serve with butter on top and chilled dahi.

Tofu Paratha

Ingredients

whole wheat flour - 1 cup
firm tofu - 2 oz.
cooked tur dal - 1/2 cup
salt - 1/2 tsp
chilli powder - 1/2 tsp
jeera powder - 1/2 tsp
dhania powder - 1/2 tsp
pepper powder - 1/4 tsp
oil - 1 tsp
coriander leaves - 1 tbsp

Method

Mix all the ingredients in a bowl and keep it covered for an hour.

Take a small portion of it and make it into a ball and roll it.

Heat the griddle on medium flame, when it is hot enough put the paratha on it and shallow fry on both sides till golden color.

Chat Paratha

Ingredients

maida 250 gm.
potato (boiled) 5-6 no.
khatti chatni 2 tbsp.
mithi chatni 2-3 tbsp.
besan 1/2 tbsp.
salt as per taste
turmeric 1/2 tsp.
red chili 1/4 tsp.
coriander powder 1/2 tsp.
ghee/butter 1 tbsp.

Method

Add ghee to Maida and knead with water like puree dough (slightly hard).

Make a thin paratha with this dough.

With the paratha turning brown on the girdle,

Make a thick paste of besan, adding coriander powder, chili powder and salt.

Add small cut pieces of potato in this paste.

Apply a layer of this paste to one side of the paratha, with paste starting to stick turn over the paratha.

Applying some ghee cook till golden brown, serve with Khatti and Mithi chatni.

Bhutte Ka Paratha

Ingredients

corn (bhutta) 2 nos.
gehu ka atta 1 cup
makke ka atta 3/4 cup.
ginger garlic paste 1 tsp
curry leaves 10
chopped green chillies 2
red chilly powder 1/2 tsp
dhania powder 1/2 tsp
jeera powder 1/4 tsp
garam masala 1/4 tsp
hing a pinch
jeera 1/2 tsp
chopped coriander 1 tbsp
oil 2 teaspoon
salt to taste

Method

Mix Gehu ka atta, 1/2 cup makke ka atta, salt and water to make a dough.

Grate the corn (Bhutta). Heat the oil and add jeera till it splutters.

Add hing, curry leaves and chopped green chillies and cook for a few seconds.

Add grated corn, ginger garlic paste and cook for 1 minute.

Add red chilli powder, dhania powder, jeera powder, salt, garam masala and 1/4 cup makke ka atta. Add chopped coriander. Cook and keep stirring it often till it becomes granulated. Allow it to cool.

Stuff this stuffing into the dough and roll out parathas.

Cook the paratha on both sides using ghee.

Serve hot with Chutney and Dahi.

Phedhe ka Paratha

Ingredients

7, 8 nos pedha (smashed)

1 cup plain flour

salt to taste

ghee

Method

Mix a little salt and make dough as we make for puran poli, bit loose.

Make small puris, fill pedha in it, close it and then roll it to make parathas.

Roast them on a pan, brush with ghee.

Sweet and tasty parathas are ready to serve those who really hate sweets.

Soya Paratha

Ingredients

soya flour 1 cup

wheat flour 1 cup

any greens such as spinach, methi
or grated carrots/cabbage/zucchini

yogurt 1/4 cup

oil to shallow fry

salt to taste

ginger, garlic, green chillies paste to taste

sugar

turmeric powder. 1/2 tsp.

till 1 tbsp

Method

Mix both flour and mix with 2 tbsp. of oil.

Add whatever vegetables you have, lets as spinach which is chopped nicely.

Mix all the ingredients.

Knead the atta just like paratha atta.

Make parathas and fry in the frying pan.

Serve with yogurt.

Aloo Cheese ka Paratha

Ingredients

1 cup wheat flour
1/2 cup boiled & mashed potatoes
1/4 cup grated cheese
1 chopped green chilli
1/2 tea spoon garam masala
1/2 tea spoon red chilli powder
1/2 tea spoon coriander powder
1/2 tea spoon ginger garlic paste
salt to taste
1/2 cup oil

Method

Take all the above ingredients add 2 table spoon oil and knead a dough.

Roll chappathi out of that dough and fry it with oil on a pan or on tawa.

Serve it with Green Chutney or with Tomato Ketchup.

Papaya Paratha

Ingredients

raw papaya (small to medium) gratings
two medium size boiled potato, mashed
green chillies 2 to 3 finely chopped
finely chopped coriander small bunch
garam masala one tea spoon
pinch of asafoetida
salt to taste
methi finely chopped (optional)

Method

Make soft chappathi dough and keep it aside.

Mix all above mentioned ingredients and make round balls which is used to stuff the chappathi and roll the parathas as usual and roast them in non stick pan with or without oil.

Serve it with Tomatoes and Onion Rings.

For taste enjoy while parathas are hot. Healthy snack for every one for it contains rich source of vitamin "A".

Vegetable and Cheese Parathas

Ingredients

atta - 2 handful
salt - as per taste
1/2 spoon garam masala
1/2 spoon turmeric
1/2 spoon red chilly powder
oil
water

For Stuffing:

1 tbsp. cheese
finely chopped boiled carrots, cauliflower & garden peas
finely chopped onion
finely chopped coriander
finely chopped 2 small green chillies
salt
bc spoon garam masala
bc spoon red chilly powder
bc spoon ajwain

Method

Knead the atta with oil, salt, garam masala, red chilly powder and turmeric powder in water to make dough.

Mix all the ingredients for stuffing.

Make 2 small small balls and roll them into the shape of puris.

Place the stuffing on one puri, cover with another puri and press the edges together well. Roll out to size of paratha.

Fry on tava till brown on normal flame. Serve hot with butter.

Broccoli Paratha

Ingredients

For Making Paratha

3 cups wheat flour (atta)

3 tbsp. oil

2 tsp salt

warm water for mixing

For the Filling

1 head of medium size broccoli (finely chopped).

green chillies 1 or 2 (finely chopped).

1 onion (medium) (finely chopped).

1 tbsp grated coconut.

2 tsp. coriander leaves/ cilantro (finely chopped).

1/2 tsp. sugar.

1 tsp salt (or as per taste).

oil for frying

Method

Mix wheat flour, salt, oil and warm water. Knead well. Make dough stiff enough for roti/ paratha. Keep aside.

Mix grated broccoli, green chillies, coriander leaves, grated coconut, chopped onion, salt and sugar. Keep aside.

Take two medium size balls of dough and roll them into two rotis.

Place a (non-stick) Tawa over medium heat and brush a little oil. Place one roti on the tawa, spread the vegetable mixture all over the roti, except half an inch from all around the edges.

Now place the second roti on top of it and press the edges of the two rotis together to seal.

Brush the paratha with a little oil and fry both sides till golden brown.

Serve hot with Imli Chutney or Mango Pickles.

Tomato Roti

Ingredients

Wheat flour - 2 cups

Tomato sauce - 2 cups

Chilli powder - 1 tsp

Cilantro - 1 cup

Salt - as required

Method

Boil the tomato sauce, chilli powder, cilantro, salt for 15 minutes till it turns to a paste.

Then add it to the wheat flour little by little and knead it well.

Then make it into the regular chappathis with a rolling pin and toast them in a pan with a little ghee.

The rotis can be served hot and doesn't require a side dish.

Chatpati Chapatti

Ingredients

Ingredients

4-5 Chapatis

Oil to fry

Salt to taste

Red Chilli powder

Chat masala

Method

Cut the chapatis into long strips. (Use a pair of scissors).

Fry them in oil till deep brown.

Lay these fried strips on tissue paper.

Apply salt, chilli powder and chat masala to these strips.

You can also use grated cheese.

Serve with tomato sauce. Serve hot.

Sago (Saboodana) Roti

Ingredients

Potato 1 (big sized)
Sago 1 cup
Green chillies 4 (finely chopped)
Coriander (finely chopped) a small bunch
Roasted and coarsely powdered peanuts
Salt to taste

Method

Wash the sago with water and drain it. Keep it moist for 3 hours.

When ready to make the roti.

Peel potato and grate it.

Then add chillies, coriander, salt, peanuts and mix well.

Then add sago to the mixture. Add water if necessary.

The consistency of the mixture should be such that it can be patted on a tava/girdle.

Then take a ball of mixture and pat it on a tawa in a circular pattern with your fingers.

Then pour some oil around and cover it and heat until the bottom of roti turns golden brown.

Turn the roti and repeat the same.

Serve this hot with Coconut chutney.

Veggi Roti

Ingredients

Rice flour - 2 cups

Finely grated vegetables - carrot, choyote, cucumber, bell pepper and onion, one each

Jeera - 1/2 tsp

Green chillies - finely chopped

Coriander and curry leaves - finely chopped

1/2 cup fresh coconut - finely grated (optional)

Salt according to taste

Oil or fat-free cooking spray

Note : Quantity of rice flour and vegetables depends on number of eaters.
Quantity of green chillies depends on tolerance of taste buds.

Method

Mix the grated vegetables, jeera, green chillies and the curry /coriander leaves in a large bowl. Add rice flour and salt to this mixture till it becomes a soft dough. You can add a little water if it isn't soft enough, but usually the juices from the grated vegetables will be enough to form the dough. Knead the dough a little bit to mix properly and shape it into small balls. Spray a non-stick pan with some cooking spray or coat it with a few drops of oil. Place one small ball on the pan and slowly press it into a round-shaped "rotti". This rotti should be thin like a chapati. Make a few holes on the rotti with your index finger. (I really don't know the need for this, but the rotti looks pretty delicious this way!)

Place this pan on the stove under medium heat. When the rotti gets cooked (it changes color from white to golden brown), turn it over with a non-stick handle. This part is a bit tricky because the rotti will stick to the pan if the non-stick has worn off or there isn't enough oil coated on the pan.

Remove the rotti from the pan, serve hot with pickle, chutney, sugar or spicy powder and butter/ghee.

Have a few non-stick pans ready so that you don't have to wait till this pan cools down.

Ragi Roti

Ingredients

Ragi flour - to make the dough.
Fresh grated coconut - 1/2 cup.
Coriander - 1 bunch (cleaned and finely chopped).
Onions - 4 (finely chopped).
Curry leaves - finely chopped.
Green chillies - finely chopped (according to your taste).
Salt to taste.
Sugar - little
Water.

Method

Mix coconut, onions, curry leaves, green chillies, coriander leaves, and salt properly with little water.

Add the ragi flour with some more water and mix properly so that it mixes with other ingredients (This dough should be like chapati dough).

Set aside for some time.

Put some oil on tava (cooled tava). Roll small portions of dough to form medium sized roti. Apply oil around the roti and bake at low flame till it is done.

Eat the ragi roti with delicious pudina chutney.

Masala Roti

Ingredients

4 Rotis (Leftover / Fresh)
2 medium sized Tomatoes
7 cloves of Garlic (crushed)
2 small Green Chillies (crushed)
1/2 tsp Turmeric powder.
1 1/2 tsp Corriander powder
2 tsps chopped Corriander leaves
1/2 tsp Red Chilli powder
1 tbsp Oil
Salt

Method

Cut each roti into 5-6 pieces and keep them aside.

Heat oil in a pan. Add the crushed garlic and green chillies.

Fry the garlic and green chillies for 10 secs.

Add chopped tomatoes. Cook them till they become soft.

Then add salt, turmeric powder, corriander powder and red chilli powder. Mix well.

Finally add the Roti pieces and Mix well. Cover it for 4-5 minutes on low flame.

Decorate it with corriander leaves. Serve hot.

Sal Phulka

Ingredients

Chappati 3-4 or more
Onion 1
Tomatoes 2-3
Green Chillies 3-4
Garlic paste 1 tsp
Coriander leaves
Turmeric pwd 1/2 tsp
Red chilly pwd 1/2 tsp
Coriander pwd 1 tsp
Garam Masala 1/2 tsp
Salt
Oil
Mustard seeds 1/2 tsp
Cummin seeds 1/2 tsp

Method

Break the chappatis into small pieces. Take a tsp of oil & add the mustard & cummin seeds into it...once it splutters add the chopped onions & green chillies.

Add the garlic paste & fry the mixture till the onion is pink in colour & loses its raw smell.

Add the chopped tomatoes & cook till it is smashed. Now add on the masalas & fry for 2 minutes.

Next add 2 cups of water & add salt (as per taste & be careful as the chappati already has salt in it)..... & let the water start boiling.

Then add the chappati pieces & mix properly in the gravy.

Cook in medium heat & keep mixing or else the chappati pieces might get stuck to the botom of the pan.

Once the water is soaked & dry keep for 2 more minutes. Sprinkle the chopped coriander leaves on top & serve immediately.

Dill Roti

Ingredients

Dill - 1 bunch
Rice Flour - 1 1/2 cup
Green Chillies - 2 to 3 (or as per taste)
Cumin seeds - 1/2 tsp
Salt as per taste
Oil for preparing rotis

Method

Chop dill and green chillies.

Mix rice flour, green chillies, cumin seeds, salt and dill properly by adding water.
(consistency : as required for chapathis)

Keep it aside for 1/2 an hour.

Make them into small round balls.

Grease tawa, shape the balls into thin round rotis by hand on tawa.

Bake it under medium heat with 1/2 tea spoon of oil again on the top of the roti.

When done on one side turn on the other side and fry properly till both sides turn light golden colour.

Serve hot with Yogurt or Curds.

Roti with Brinjal:

Here instead of dill you can use the chyote squash (white brinjal, called as Bangalore badanekai in kannada) It comes out crispy. Here you have to grate the squash and add to the flour. You can add 1 squash for 1 1/2 cup of rice flour. Do not add more water because, chyote squash leaves out water when mixed with salt.

Note: I prefer using more vegetable in roti than rice flour. Depending on the taste, you can use as much as you want.

Palak Roti

Ingredients

1 bunch of Palak leaves
1/2 inch Ginger
3/4 Green Chillies (this one can be really spicy)
A small bunch of Coriander Leaves
Ball of Tamarind
2 tsp Jeera
Salt to taste
Flour for the Rotis

Method

Blanch the palak well i.e boil in hot water for 2 mins and put them under cold running water.

Grind all the above ingredients to as fine paste.

Mix this mixture with the flour and make a malleable dough. Roll out the rotis and apply ghee on both sides.

Can be served with Pickle or Dahi or you can have it with Tea as an evening snack.

Vegetable Stuffed Chapatti

Ingredients

For Chapatti:

200 g fine whole Wheat Flour

1 tsp Oil

125 ml Water

For Filling:

1 tsp Fennel powder

1 Onion, thinly sliced

2 cm Ginger, minced

2 Green Chillies, sliced

3 tsp Meat Curry Powder

350 gm Cauliflower, cut into small pieces

3 medium Potatoes, boiled, peeled & diced

100 gm Peas, softened in hot water for 1/2 minute

1/3 tsp Salt

Method

To Make Chapatti:

Put flour, oil & water in a bowl. Knead to form a smooth dough; leave aside for 1/2 hour.

Divide into 8 balls; roll each ball into chapattis.

Place on wok and cook on both sides, about 1 minute each. Set aside.

To Make Filling

Heat 2 tbsp oil and fry fennel for about 30 seconds.

Add onion, ginger, garlic, chillies and fry for 30 seconds. Add all the ingredients & stir fry for 15 minutes until the mixture is quite dry.

Put 2 tbsp of filling on chapatti end; roll up tightly. Serve.

Carrot Roti

Ingredients

Wheat flour 1 cup

carrot 4 Oz

Salt to taste

Method

Grate carrot.

Knead the wheat flour with carrot,salt and water.

Make small balls and roll into rotis

Cook on tawa. Spray pam on both sides

Serve with pickle and raitha.

Variations :

Try the above recipe with finely cut cabbage, spinach (very finely cut or blended with wheat flour in a food processor). Spread butter on both sides and soak in milk with sugar.

Missi Roti

Ingredients

1 cup besan (gram flour)
1 cup atta (whole wheat flour)
2 tbsp oil or ghee
1 tbsp kasoori methi (dry fenugreek leaves)
1/2 tsp salt
1/2 tsp red chilli powder.
1/2 tsp jeera (cumin seeds)
a pinch of hing (asafoetida)
a pinch of haldi (turmeric powder.)

Method

Mix all the ingredients. Add enough water to make a dough of rolling consistency.

Cover it and keep aside for half an hour.

Make small balls and roll them slightly thicker than the usual chapati.

Cook on hot tawa with or without oil or in a hot tandoor.

Baboos Roti (buns)

Ingredients

1 cup of curd
1 - 1 1/2 cups of sugar
1/2 banana (if small banana, use 1 or 1 1/2)
4-5 cups of maida.
one pinch of any color powder
one pinch baking soda
oil to fry

Method

Mix the curd and sugar.

Add colour and the soda to the mix.

Mix in the bananas, so that there is no lumps remaining.

Add in Maida until the dough can be made as one whole mass. (Make the dough as if you are going to make chappathis or parathas.).

Keep the dough for 4-8 hours.

Take a small ball of the mixture (as big as a tennis ball) and flatten it with a rod. One can even use a bottle to flatten.

While flattening if the mixture sticks, it can be soaked in Maida flour little bit. (Flatten it only until the Mixture is just thin enough).

Fry it in oil for couple of seconds.

Then turn it and fry in on the other side for few more minutes. Eat it hot.

Sago (Saboodana) Roti

Ingredients

potato 1 (big sized)
sago 1 cup
green chillies 4 (finely chopped)
coriander (finely chopped) a small bunch
roasted and coarsely powdered peanuts
salt to taste

Method

Wash the sago with water and drain it. Keep it moist for 3 hours.

When ready to make the roti.

Peel potato and grate it.

Then add chillies, coriander, salt, peanuts and mix well.

Then add sago to the mixture. Add water if necessary.

The consistency of the mixture should be such that it can be patted on a tava/girdle.

Then take a ball of mixture and pat it on a tawa in a circular pattern with your fingers.

Then pour some oil around and cover it and heat until the bottom of roti turns golden brown.

Turn the roti and repeat the same.

Serve this hot with Coconut chutney.

Ragi Roti

Ingredients

ragi flour - to make the dough.

fresh grated coconut - 1/2 cup.

coriander - 1 bunch (cleaned and finely chopped).

onions - 4 (finely chopped).

curry leaves - finely chopped.

green chillies - finely chopped (according to your taste).

salt to taste.

sugar - little.

water.

Method

Mix coconut, onions, curry leaves, green chillies, coriander leaves, and salt properly with little water.

Add the ragi flour with some more water and mix properly so that it mixes with other ingredients (This dough should be like chapathi dough).

Set aside for some time.

Put some oil on tava (cooled tava).

Roll small portions of dough to form medium sized roti.

Apply oil around the roti and bake at low flame till it is done.

Eat the ragi roti with delicious pudina chutney.

Masala Roti

Ingredients

4 rotis (leftover/fresh)
2 medium sized tomatoes
7 cloves of garlic (crushed)
2 small green chillies (crushed)
1/2 tsp turmeric powder.
1 1/2 tsp coriander powder
2 tsps chopped coriander leaves
1/2 tsp red chilli powder
1 tbsp oil
salt

Method

Cut each roti into 5-6 pieces and keep them aside.

Heat oil in a pan. Add the crushed garlic and green chillies.

Fry the garlic and green chillies for 10 secs.

Add chopped tomatoes. Cook them till they become soft.

Then add salt, turmeric powder, coriander powder and red chilli powder. Mix well.

Finally add the Roti pieces and Mix well. Cover it for 4-5 minutes on low flame.

Decorate it with coriander leaves. Serve hot.

Dill Roti

Ingredients

dill - 1 bunch
rice flour - 1 1/2 cup
green chillies - 2 to 3 (or as per taste)
cumin seeds - 1/2 tsp
salt as per taste
oil for preparing rotis

Method

Chop dill and green chillies.

Mix rice flour, green chillies, cumin seeds, salt and dill properly by adding water.
(consistency : as required for chapathis)

Keep it aside for 1/2 an hour.

Make them into small round balls.

Grease tawa, shape the balls into thin round rotis by hand on tawa.

Bake it under medium heat with 1/2 tea spoon of oil again on the top of the roti.

When done on one side turn on the other side and fry properly till both sides turn light golden colour.

Serve hot with Yogurt or Curds.

Roti with Brinjal:

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Carrot Roti

Ingredients

wheat flour 1 cup

carrot 4 oz

salt to taste

Method

Grate carrot.

Knead the wheat flour with carrot,salt and water.

Make small balls and roll into rotis

Cook on tawa. Spray pam on both sides

Serve with pickle and raitha.

Variations :

Try the above recipe with finely cut cabbage, spinach (very finely cut or blended with wheat flour in a food processor). Spread butter on both sides and soak in milk with sugar.

Tandoori Roti

Ingredients

2 cups slightly coarse wheat flour
1/4 cups maida
2 tbsp ghee
2 tbsp curd
salt to taste

Method

Knead slightly stiff dough cover and keep for 2 hours.

Take naan sized dough and make a ball.

Roll to a thickish roti (4-5 mm thick).

Heat griddle (tawa) place on tawa and dry one side.

Wet upper side with water and invert.

Invert griddle and roast over gas flame (or if available a barb-que coal fire).

It will fall off when done.

Serve hot with desired vegetables.

Dabeli (Double Roti) Kutch

Ingredients

aloo 1kg
onions 4 medium sized
double roti masala or garam masala can be used
peanuts 1 cup
salt 2 tsp
red chilly powder 2 tsp
emlee and gur chutney 4 tbsp
lasoon chutney 2 tbsp

Method

Boil the aloos and after peeling mash them well and keep aside.

In a dekchi heat 1/2 cup oil for frying the peanuts, deep fry and add salt about 1 tsp, 1tspn sugar, red chilly powder 1/2 tsp.

In the remaining oil add lasoon chutney, allow to sizzle, add garam masala, red chilly powder, emlee chutney, to this add the mashed aloos.

Serve hot as filling in bun with fried peanuts & chopped onions.

Crisp Jaadi (Fat) Roti

Ingredients

2 cups wheat flour
1/4 cups fine semolina
2 tbsp butter
2 tbsp ghee
salt to taste
hot or warm water to knead

Method

Mix all ingredients and make very stiff dough.

Take dough the size of a cricket ball.

Knead till smooth and round. Roll to a thick chappathi.

About 1-1 1/2 cm thick.

Prick with a knife - point.

Place on a hot griddle on lowest heat. Let one side dry.

Then let other side get crisp.

Meanwhile pinch the roti on upper side in a circular motion till small mounds are formed on the whole roti.

Use a mesh with stand over direct flame to roast the pinched side.

Keep flame low to get crisp rotis.

Serve with ghee and with lots of dal and rice or with curds.

It may be crumbled and dipped in dal too.

Stuffed Rice Roti

Ingredients

rice flour - 3 cups
onions-finely chopped - 2 (big ones)
green chillies-finely chopped - 4
carrot-grated - 1 tbsp
coriander(cilantro)leaves-chopped finely - 1/2 cup
cumin seeds-coarsely pound - 2 tsp
salt to taste
water-for mixing - 1/2 cup to 1 cup
oil for shallow frying

Method

Mix all the ingredients above, except the oil, in a mixing bowl. Add enough water to bind all the ingredients together to form one whole mass.

Grease a frying pan(or tava) with a little oil.

Take a ball of the mixture(as big as a tennis ball) and place it in the middle of the greased frying pan.

Flatten the mixture on the pan with your fingers until it is round and flat.

Spread a little oil on it.

Cover the frying pan with a covering lid and cook it in med-low flame until it is cooked (color changes).

Remove the lid and fry it for a couple of minutes.

Turn it and fry it on the other side for a few more minutes.

Serve hot with salted butter or Mango Achar or coconut chutney.