



STUFFED PARATHAS

SHOPPING FOR YOUR CLASS

Your recipes include some specialty ingredients, like Indian flour called Atta, and Indian spices. Atta is a type of softer wheat from India which is ground into a fine powder. For a local alternative, consider using sifted whole wheat flour. If you can't find the ingredient, you can always use all-purpose flour.

MISE EN PLACE

- Boil the potato ahead of the class and make sure it is at room temperature when the class begins.
- Have some yogurt ready to serve with your Parathas. Or you can make a Raita before your class begins – we've included a recipe for Cucumber Raita in the bonus recipe section below. NOTE: we will not be preparing Raita during your class.

STUFFED PARATHAS *(serves 4)*

Recipe by ADITYA RAGHAVAN

1 x Dough recipe, see below

1 x Stuffing recipe, either potato or meat, see below

1 stick of butter, clarified (or use store-bought ghee), method below

Cilantro Mint Chutney, to serve, recipe follows

Yogurt, to serve, or make Raita (bonus recipe below)

For the dough:

250 gm (1 1/2 cups) atta or fine milled soft wheat flour (read notes on ingredients)*

1 tablespoon clarified butter

1 teaspoon salt

160 gm hot water (about 80°C)

Potato stuffing (for 4 parathas):

1 large Russet potato boiled

1/2 red onion, brunoise

1 Bird's eye chili finely chopped

A few sprigs of fresh cilantro, finely chopped

1/2 tablespoon grated ginger

1/4 tablespoon minced garlic

1/4 teaspoon turmeric powder

1 teaspoon paprika

1 teaspoon cumin powder

salt to taste

juice of half a lime

optional: 1 teaspoon of Kasuri methi (dried fenugreek leaves)

Meat stuffing (for 4 parathas):

250 gm ground lamb or beef (optionally: can use ground turkey or chicken as well)

3 tablespoon clarified butter

1/2 red onion, brunoise

1 Bird's eye chili finely chopped

1/2 tablespoon grated ginger

1/2 tablespoon minced garlic

1/2 teaspoon turmeric

1 teaspoon paprika

2 teaspoon cumin powder

2 teaspoon coriander powder

1/2 teaspoon cinnamon powder

8-10 fresh mint leaves finely chopped

a few sprigs of cilantro finely chopped

- Start by mixing the dough. Add the clarified butter and salt to the flour and spread it evenly.
- Next, pour hot water over the flour and fold it in, gently mixing it. As it cools off, and is easier to handle, start kneading the dough.
- Knead the warm dough for 2-3 minutes until it is smooth, glossy and pliable. Place in a bowl and cover with plastic cling wrap or a wet paper towel. Rest the dough for at least 30 minutes.
- Using a bench scraper, cut the dough into four equal parts and roll them into balls.
- With a rolling pin make a 6-inch diameter circle of dough with one ball.

- Generously add about $\frac{1}{3}$ to $\frac{1}{2}$ cup of stuffing to the center of the circle.
- Stretch the outer ring of dough so it can completely enclose all the stuffing. Once enclosed, gently flatten the ball into a 4-inch disc
- Dust with flour and roll out the stuffed disc to about 6-8" diameter. If you feel the dough is going to tear, do not roll it anymore, however, at the same time you want to make it as thin as possible, for even cooking of the dough.
- Heat a frying pan to a medium high heat, add a paratha and let it cook for about 2 minutes on one side. It'll get a slightly charred crust, that's okay.
- Flip it, turn the heat to a medium heat, and add a generous blob of clarified butter on the cooked side. Press down using a spatula so the other side cooks well too.
- Flip it again, and generously apply clarified butter on the second side.
- The paratha should have a nice golden hue with a couple of darker spots. Take the paratha off the heat and place on a plate lined with a kitchen towel. Keep warm by folding the towel in.
- Serve warm with Indian pickles, raita and chutney.

Clarified Butter

- To clarify a stick of butter, place it in a small saucepan and melt it slowly.
- Remove excess foam from the melted butter, and let the white liquid (the whey) settle in the bottom of the pan.
- Gently pour the clarified butter into a bowl, making sure none of the white liquid (whey) gets poured into the bowl with the clear butter.

Potato Stuffing

- For the potato stuffing, first remove the skin of the potato, and mash it into a mixing bowl until there aren't any large lumps of potato.
- Mix in all the ingredients for the potato filling, tasting as you go to adjust the seasoning to your liking using salt and lime juice.
- Allow to cool to room temperature before using to stuff parathas.

Meat Stuffing

- For the meat stuffing, we start by heating up a frying pan and sweating the onions in some clarified butter. Add a touch of salt to help the onions sweat better.
- Once the onions are fully cooked, add the green chilies and the ginger and garlic pastes and cook for another 2 minutes.
- Now add the ground meat, browning it gently in the frying pan. Add in all the spices at this point too.
- Cook until most of the excess moisture from the meat is cooked off.
- Sprinkle on the herbs and turn the heat off.
- Allow to cool to room temperature before using to stuff parathas.

CILANTRO MINT CHUTNEY

Recipe by ADITYA RAGHAVAN

1 bunch fresh cilantro – leaves and thin stems (save thicker stems and roots for stock)

1/2 bunch of fresh mint (preferably peppermint)

1-inch piece of ginger

3 large green chilis

1 teaspoon ground cumin

2 teaspoons sugar

juice of 1 lime

salt to taste

- In a blender, blend the cilantro with the green chilis and ginger until smooth. Add the juice of 1 lime and only just enough water to make it into a smooth paste.
- Add the ground cumin, to taste.
- Adjust the seasoning to your liking with salt and lime juice.

QUICK CARROT PICKLE

Recipe by ADITYA RAGHAVAN

250 gm whole carrots

1/4 cup oil

1 inch piece of ginger

1/2 teaspoon turmeric powder

1/4 teaspoon fenugreek seeds

2 teaspoons yellow or brown mustard seeds

2 teaspoon Kashmiri red chili powder

1 tablespoon lemon juice

1 tablespoon salt

- Dry roast mustard seeds and fenugreek seeds. Once they begin to roast a little, remove from heat and cool. Grind into a rough powder once cooled.
- Rinse and dry carrots and ginger. Julienne the ginger into nice slivers, and cut the carrots into a small dice
- Heat the oil in a pan and when hot, add carrots and ginger, stir frying for 15-20 seconds.
- Turn the heat off and add the remaining ingredients. Mix well and taste in case more salt is needed.

* Can be stored in the fridge for 2-3 weeks.

EQUIPMENT

Frying pan
Saucepan
Mixing bowls
Bench scraper or dough scraper
Kitchen towels
Blender
Grater
Cutting board and knives
Measuring cups and spoons
Bowls

BONUS RECIPES: These are complementary or additional recipes. They are for your reference and enjoyment, and will not be taught in your class.

CUCUMBER RAITA

Recipe by ADITYA RAGHAVAN

1 English cucumber, grated

1 cup Greek yogurt

1 tsp fennel seeds

1 tsp mustard seeds (brown or black)

1 tsp mustard or other oil

- In a bowl, combine the yogurt and grated cucumber.
- In a small pan, heat the oil and add the fennel and mustard seeds, frying them until they sputter. Combine with the yogurt and cucumber.
- Season to taste with salt.