Ajwain Flavored Wheat Flour Bread (Ajwain Paratha)

by Anand Lila devi dasi

"Eating prasadam is a nice process of purification."

Ingredients

Sieved wheat flour.....2 C
Salt.....½ Tsp
Ajwain seeds.....2 Tsp
Melted ghee or oil.....3 Tbsp
Warm water
(or as needed, adjust accordingly)....½ C

Sieved wheat flour for dusting
Approximately ½ C of
melted ghee or
oil for cooking

Preparation

1) Mix the flour, salt and ajwain seeds in a bowl. Drizzle in the melted ghee or oil and rub it with the fingertips until the mixture resembles coarse oatmeal. Add the water and quickly gathering the mixture, form a smooth, non sticky dough. Cover and rest the dough for ½ -2 hours.

2) Divide the dough in 10 parts and roll them into balls.

3) Slightly flatten a ball, using the rolling pin, roll the ball into a round of 6 inches in diameter, dipping it in the dusting flour as required, to keep it from sticking to the work surface. With a pastry brush or fingertips, brush the top of the round with ghee or oil, and then fold it in half. Now, brush the top of this half-circle with ghee oil, and fold it in a quarter-circle. Dipping with dusting flour from time to time, roll it into a triangle 6-inches on a side. Repeat for all other breads and keep it over a greased surface without touching each other and covered with a damp cloth.

4) Preheat a griddle over moderate heat, spray the surface with little ghee/oil, and transfer the bread. When the top surface of the bread shows bubbles, turn it over & cook on reverse side. Now, sprinkle some ghee/oil over the top of the bread & cook for 30-40 seconds. Turn again and drizzle oil on this surface too. Press the bread using the back of a flat spoon. The bread is done when both sides show reddish-brown spots. Repeat for all the remaining breads.

Yield: 10 parathas

For further details please contact : anandliladd@gmail.com

HARE KRISHNA HARE KRISHNA KRISHNA HARE HARE HARE RAMA HARE RAMA RAMA RAMA HARE HARE

HARE KRISHNA HARE KRISHNA KRISHNA KRISHNA HARE HARE HARE RAMA HARE RAMA RAMA RAMA HARE HARE