

Recipe

Griddle Fried Cabbage Flatbreads (Cabbage Paratha)

By

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Ingredients

Dough:

- 1 C all purpose flour
- 1 C wheat flour
- ½ Tsp salt
- 2 Tbsp oil
- ¾ C water (adjust according to the flour quality)

Filling:

- 2 Tsp oil
- ½ Tsp yellow asafetida powder
- 2 Tbsp finely grated ginger
- 2 hot green chilies chopped
- 3 C cabbage, thinly sliced
- 2 carrots, grated
- 1½ Tsp curry powder (prepared without onion and garlic)
- 1 Tsp salt
- ½ Tsp sugar
- ¾ Tsp cornflour/cornstarch

Extra oil for cooking the flatbreads

Preparation

1. In a mixing bowl, combine the flours, salt and oil. Make a well in the center and add enough water to make a soft and smooth dough. Keep aside covered to rest while you prepare the filling.
2. Heat oil in a pan over moderate heat. Sprinkle asafetida powder. Add ginger, chilies and fry for 30 seconds. Add the cabbage and carrots, stir-fry for 3-4 minutes. Add the curry powder, salt and sugar. If the filling turns out to be watery then add cornflour mixed with 1 Tsp water to the vegetables. Cook for 30 seconds and remove from heat. Cool the filling and divide into 8 parts.
3. Divide the dough into 8 equal balls. On a floured surface roll out the ball into 8-inch disk.
4. Place one portion of the filling in the center of disk. Spread it out evenly in a square shape. First fold the two opposite sides of the disks and then fold the remaining other two opposite sides of the disk overlapping the previous folds

to completely enclose the filling and ending up in a square shaped flatbread (paratha). Gently roll using a rolling pin to flatten. Repeat for the remaining parathas.

5. Heat a griddle, brush with little oil, and transfer the paratha. When the top surface shows bubble, turn it over and cook on reverse side. Now, brush some oil on the top of the paratha and cook for 30 seconds. Turn again and brush some oil over this surface too. Parathas are done when both sides have golden-brown spots. Serve hot.

** You may also use only wheat flour instead of the 1 C of all purpose flour used here.

Yield

8 flatbreads

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Hare Rama Hare Rama Rama Rama Hare Hare**