

Griddle Fried Cheese Stuffed Wheat Bread

(Paneer Paratha) by Anand Lila devi dasi

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"Eating prasadam is a nice process of purification."

Ingredients Dough:

Wheat flour..... 2 C
Salt..... ½ Tsp
Oil..... 2 Tsp
Water..... ½ - ¾ C
(little less or more)
Extra flour for dusting
Ghee for cooking the parathas

Stuffing:

Paneer, grated..... 350gms
Ginger, minced..... 1 Tbsp
Green chilies..... 3
Turmeric powder..... ¼ Tsp
Asafetida..... ¼ Tsp
Garam masala..... 1 ½ Tsp
Amchur powder..... 1 Tsp
(dry mango powder)
Ajwain seeds..... 1 Tsp
Chopped fresh coriander leaves..... 2 Tbsp
Salt..... 1 ¼ Tsp

Preparation

- 1) Mix the wheat flour and salt. Making a well in the center, add the oil. Add enough water to make soft, smooth and firm dough. Keep it aside for 1 hour to rest.
- 2) Mix all the ingredients for the stuffing except salt and keep aside for 1 hour.
- 3) After 1 hour, divide the dough in 8 equal balls. Add salt to the stuffing, and divide in 8 parts.
- 4) Now roll each ball of the dough into a disc of 3- 3 ½ inch in diameter. Place the stuffing over the disc and gather the ends of the disc carefully so that the stuffing doesn't come out. Gently press to seal.

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