

Recipe

Masala Bread

By

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Ingredients

Bread:

- ¼ oz or 7 gm active dry yeast
- 1 Tsp sugar
- 1 C warm water
- 1½ C all purpose flour
- 1 C whole wheat flour
- 1½ Tsp salt
- ½ C yogurt
- 3 Tbsp oil

Masala:

- 1 Tbsp oil
- ½ Tsp yellow asafetida powder
- 1 Tbsp finely grated ginger
- 3 hot green chilies chopped
- 1 sprig fresh curry leaves
- ½ C chopped fresh coriander leaves

- ½ Tsp red chili powder (you may add more if you like it to be hot)
- ¾ Tsp salt

Preparation

1. In a small bowl, combine ½ cup of water, sugar and yeast. Leave until frothy for 10 minutes.
2. In a large mixing bowl, combine the flours and salt. Add the yeast mixture and gradually add the yogurt, oil and the remaining water to the flours. Working with your hand, form a soft dough. Cover and let rise until doubled in size, for about 1½ hours.
3. While the dough is resting, prepare the masala. Heat oil in a pan over medium heat. Sprinkle asafetida, add ginger, chilies and fry for 1-2 minutes. Add the curry leaves, coriander leaves, chili powder and salt. Remove from heat and allow it to cool.
4. Punch down the dough. Turn on a floured surface; roll into an 12-inch x 15 - inch rectangle. Spread the masala over the rolled dough to within 1-in of edges.
5. Starting from the longer side, roll up the dough. Now you will end up having the dough in a rope shape with two ends. Transfer to a greased baking sheet. Bring the two ends together to form a ring and pinch seam to seal. Cover and let rise until doubled for 30-40 minutes.
6. In a preheated oven bake at 375 F/190 C for 20-25 minutes or until brown. Remove the bread and cool on a wire rack. Cut in triangular sizes.

Serves

4-6

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Hare Rama Hare Rama Rama Rama Hare Hare