

Methi Paratha

by Anand Lila devi dasi

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*"Eating prasadam
is a nice process
of purification."*

Ingredients	Wheat flour.....	2 C
	Salt.....	1 Tsp
	Turmeric powder.....	1/2 Tsp
	Minced Ginger.....	2 Tbsp
	Green chillies.....	2
	Each cumin and fennel seeds.....	1 Tsp (dry roasted and powdered)
	Chopped Fenugreek leaves.....	1 C
	Yogurt.....	1/3 C
	Oil.....	2 Tbsp
	Water.....	1/2 C

- Preparation** Oil for brushing and pan frying the paratha
1. Combine the wheat flour, salt, turmeric, ginger, green chillies, powdered spices in a bowl. Add yogurt and fenugreek leaves. Mixing well, pour the oil. Add only enough water (if needed) to make a non-sticky kneadable dough. Leave for 15-20 minutes.
 2. Preheat the tava or pan over moderately high heat.
 3. Divide the dough into 12 balls. Roll each ball into 6 inch wide discs.
 4. When the pan is hot, spray the surface with little oil, and transfer the disc of dough. When the top surface shows bubbles, turn it over and cook on reverse side. Now, sprinkle some oil over the top of the disc and cook for 30-40 seconds. Turn again and drizzle oil on this surface too. Press around the edges. The paratha is done when both sides are golden brown in color.
 5. Serve hot with any chutney or vegetables of your choice.

Yield 12 Parathas

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