

Stuffed Bun

by Anand Lila devi dasi

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Preparation :

- 1) Dissolve the yeast and sugar in warm water. Let it stand in a warm place for 10 minutes or until the mixture is frothy.
- 2) In a mixing bowl; combine the flour, salt and asafetida powder and make a well in the center. Add the yeast mixture, 3 Tbsp oil and enough warm water to make a smooth dough. Knead well for 10 minutes on a lightly floured surface. Place the dough in a floured bowl, cover and keep in a warm place for 1 ½ hours or until double in size.
- 3) Now, heat 1 Tsp of oil in a frying pan on moderate heat, stir-fry the cabbage for 3-5 minutes. Keep aside.
- 4) Heat the remaining oil in the frying pan, add asafetida, sauté for few seconds, add the ginger and stir-fry for 1 minute. Add the rasam powder, and sauté for 30 seconds. Add the bell pepper, cook stirring now and then until they are tender-crisp. Mix the fried cabbage, salt and take off from heat. Cool the filling.
- 5) When the dough has risen, knead again for 2-3 minutes and divide in 4 equal parts. Roll each portion into a smooth ball. On a floured surface and using a rolling pin, roll each portion into a 5-inch disc.
- 6) Divide the filling into 4 parts. Place a portion of filling in the center of each disc. Gather the ends of the disc from all sides and tightly seal, insuring that no filling comes out otherwise the buns would open up while baking. Slightly flatten with hand.
- 7) Brush the buns lightly with oil and place on a greased baking sheet. Bake in a preheated oven at 425 F/220 C for about 12-15 minutes or until golden. Remove from the oven and brush with the remaining oil. Serve hot, warm or cold.

Yield : Four Stuffed Buns

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