



TAVA (GRIDDLE)  
INSTRUCTION MANUAL  
with 10 tested recipes



ALU PARATHA  
(UNLEAVENED BREAD  
STUFFED WITH POTATOES)

PARATHA  
(LAYERED UNLEAVENED BREAD)



WELSH GRIDDLE CAKES



MAKAI KI ROTI  
(CORN MEAL FLAT BREAD)



PANEER TIKKI  
(COTTAGE CHEESE CUTLETS)



PUDINA PARATHA  
(LAYERED UNLEAVENED  
BREAD WITH MINT)



## IMPORTANT SAFEGUARDS

1. Always give careful attention to a hot tava, hot oil and flame/heat. Fire is a good servant but a bad master.
2. The handle of tava should be parallel to the kitchen counter – not sticking out.
3. Do not leave frying unattended. In case oil or butter should ever catch fire, have a metal lid handy to cover the tava. Do not pour water on the fire as this may spread the fire.
4. Never drop food or other objects from a height on the tava particularly when it has hot oil or butter. Place food gently on the tava to avoid spattering.
5. Do not put tava with plastic handle in a hot oven or under a broiler as the plastic handle may get damaged. Tava with stainless steel handle can be put in an oven or under a broiler – remember to use a pot holder to hold the handle when it is hot.
6. Do not bang or hit tava with any hard or sharp object. Do not cut or chop on tava with a metal knife or sharp object.
7. Do not put hot tava in cold water.
8. Do not wash tava in a dishwasher as it may cause the hard anodised surface to deteriorate.
9. This tava is not nonstick – it is hard anodised. Some foods will require some oil or water or careful control of heat to prevent sticking.
10. The tava heats quickly and retains heat well. Do not heat excessively as this may cause burning and sticking of food.
11. Do not use tava on a coal fire or any heat source that cannot be regulated. Use a burner to suit the size of your tava – gas flames should not spread beyond the tava.
12. Read and follow instructions in this Manual.

IF YOU HAVE ANY QUESTIONS, COMMENTS OR SUGGESTIONS OR IF YOU NEED ANY HELP WITH THIS PRODUCT OR WITH ANY OF OUR OTHER PRODUCTS, PLEASE CONTACT THE CONSUMER SERVICE MANAGER AT:



**Hawkins Cookers Limited**

P O BOX 6481, MUMBAI 400 016, INDIA

TEL (91 22) 2444 0807 FAX (91 22) 2444 9152

EMAIL [conserve@hawkinscookers.com](mailto:conserve@hawkinscookers.com)

WEBSITE [www.hawkinscookers.com](http://www.hawkinscookers.com)

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# Introduction

## Futura Hard Anodised Cookware

Futura Hard Anodised Cookware is made from heavy gauge, pure, virgin aluminium for fast and even heat conduction and hard anodised to give you a tough surface that will not pit, tarnish or corrode and will stay looking new for years. Futura Hard Anodised Cookware comes in many useful shapes and sizes to suit your different cooking needs. All pans are well-balanced with sturdy, stay-cool handles.

## Futura Hard Anodised Tava (Griddle)

There are six models of the Futura Hard Anodised Tava (Griddle) – in various sizes and thicknesses and two different handles. These six tava are illustrated overleaf, page 2. The size and thickness of the tava is stamped on the underside of the tava.

The sizes of different *roti* (Indian flat breads) recommended for each size of tava are given on page 3.

## Using this Manual

This Manual contains instructions and 10 recipes for all models of the Futura Hard Anodised Tava (Griddle).

Eight of the 10 recipes are various kinds of Indian flat bread or *roti*. Each of these recipes gives a choice of the sizes of *roti* which can be made. Once the *roti* size to be made is chosen, follow the measurements for that size *roti* throughout the recipe.

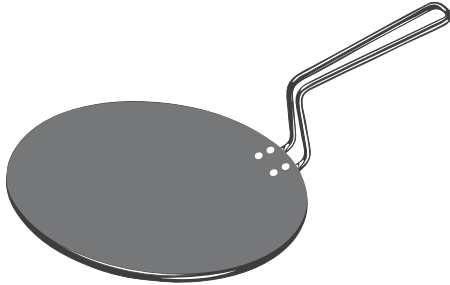
The two recipes which require multiple pieces of food to be cooked in batches recommend the maximum pieces of food to be cooked at one time.

Each recipe gives the suggested pre-heating time for each tava size; choose the pre-heating time given for your size of tava. Other than the pre-heating times, the heat settings in the recipes are those used for the 26 cm tava. The 22 cm and 24 cm tava may require slightly lower heat and the 28 cm tava slightly higher heat to achieve the same cooking times in the recipes – depending on the volume and size of the food being cooked. For best cooking results, adjust heat so that the cooking times are the same as those given in the recipes.

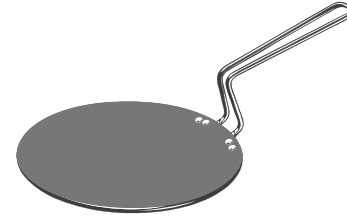
Your tava will give you years of easy, great-tasting, healthful, economical cooking and easy clean-up *if* you carefully follow the instructions in this Manual.

# Models of the Futura Hard Anodised Tava (Griddle)

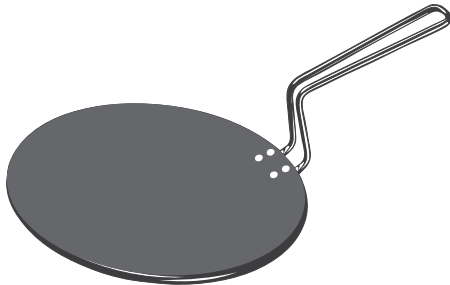
26 cm diameter 4.88 mm thick stainless steel handle



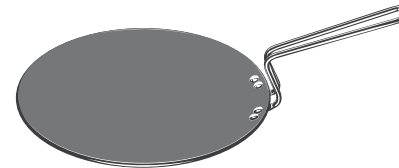
22 cm diameter 4.06 mm thick stainless steel handle



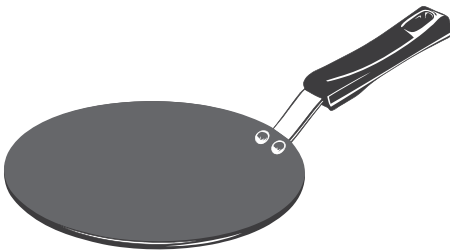
26 cm diameter 6.35 mm thick stainless steel handle



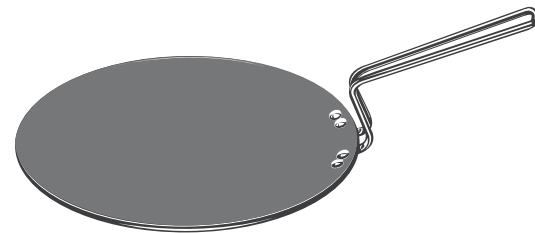
24 cm diameter 4.88 mm thick stainless steel handle



26 cm diameter 6.35 mm thick plastic handle



28 cm diameter 4.88 mm thick stainless steel handle



# What Size of *Roti* (Indian Bread) Can You Make on a Tava?

**Paratha (page 8)**  
**Pudina Paratha (page 16)**

Tava Diameter \ Paratha Diameter	22 cm	24 cm	26 cm	28 cm
16 cm	✓	✓	✓	✓
18 cm	No	✓	✓	✓
20 cm	No	No	No	✓
22 cm	No	No	No	✓

**Makai ki Roti (page 10)**  
**Puran Poli (page 12)**

Tava Diameter \ Roti/Poli Diameter	22 cm	24 cm	26 cm	28 cm
14 cm	✓	✓	✓	✓
16 cm	✓	✓	✓	✓
18 cm	No	✓	✓	✓
20 cm	No	No	No	✓

**Phulka (page 9)**

Tava Diameter \ Phulka Diameter	22 cm	24 cm	26 cm	28 cm
14 cm	✓	✓	✓	✓
16 cm	No	✓	✓	✓
18 cm	No	No	✓	✓

**Gobi Paratha (page 14)**  
**Chana Dal Paratha (page 15)**  
**Alu Paratha (page 18)**

Tava Diameter \ Paratha Diameter	22 cm	24 cm	26 cm	28 cm
16 cm	✓	✓	✓	✓
18 cm	No	✓	✓	✓
20 cm	No	No	No	✓

# How to Use

## Before First Use

Remove sticker/label. Remove any adhesive with vegetable oil. Wash in hot water with a mild soap or detergent; rinse in clear water and dry. DO NOT WASH IN A DISHWASHER.

## Suitable Heat Sources

Tava can be used on domestic gas, radiant electric or kerosene stoves. Do not use tava on a coal fire or any source that cannot be regulated. Use a burner to suit the size of your tava – gas flames should not spread beyond the tava. Ensure that the stove surface in contact with the tava is free of grease and dirt.

## Regulate Heat

Futura Tava conduct heat evenly and efficiently so high heat is rarely necessary. When pre-heating tava on high heat, do not lose track of time so that it becomes too hot. To achieve good results, regulate the heat used with the tava.

## Prevent Sticking

Some foods will require some oil or water or careful control of heat to prevent sticking. See **Easy Tips for Better Cooking** page 5, para 7 and 8.

## Avoid Scratching, Damage

Do not cut or chop on tava with a knife or other sharp instrument such as the edge of a metal spatula. Do not drop tava or bang it with hard or sharp objects.

Do not bang tava down on pan supports. Lift tava from the pan supports – do not drag it across the pan supports.

Do not put tava with plastic handle in a hot oven or under a broiler as the plastic handle may get damaged. The plastic handle is liable to break under a sharp or forceful blow.

# How to Clean

## Wash After Every Use

Taking care to protect your hand from the hot tava with sufficient paper or cloth, wipe off residual oil with a paper napkin or muslin cloth from hot tava immediately after cooking. Doing so makes cleaning very much easier. Allow tava to cool before washing.

Always wash all surfaces of tava thoroughly **after every use** in hot water with a mild soap or detergent and a dishcloth, sponge or plastic scrubber. DO NOT WASH TAVA IN A DISHWASHER. Dishwasher detergents may contain harsh chemicals or abrasive substances which may damage the hard anodised finish. Let tava cool before immersing in water. For stubborn spots, soak tava in hot water about 10 minutes and rub with a plastic scrubber. While cleaning, keep a folded kitchen cloth or a piece of any other soft material such as rubber or sponge underneath the tava to avoid damaging the tava. Dry thoroughly with a soft clean cloth. Do not store food on your tava.

Metallic marks – most often from gas stove pan supports – may appear on the base. To remove metallic marks from base: apply a kitchen cleanser, such as 'Vim', to the marks and rub with an abrasive kitchen scrubber, such as 'Scotch-Brite' or fine steel wool.

## Avoid "Baked-On" Food/Stains

If tava is not cleaned thoroughly, a thin layer of food or grease may remain. When the tava is heated next, this food/grease becomes "baked-on" and very difficult to remove. "Baked-on" food and the stains from "baked-on" food may be impossible to remove without damaging the tava.

If you get "baked-on" food/stains, you may try the following method (knowing that the tava surface may get damaged): make a thick paste of a cleaning powder such as 'Vim' and apply it to the "baked-on" food/stain. Wait 5 to 10 minutes. Scour with steel wool using a circular motion. Wash.

# Easy Tips for Better Cooking

1. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step-by-step.
2. Information on weights and measures is on page 7.
3. Unless otherwise noted, in the recipes:
  - All foods are to be appropriately cleaned and washed.
  - Onions and fresh ginger are to be peeled.
4. **For Users Outside India:** In the recipes, size descriptions of ingredients refer to food available in India. Outside India, follow the weights rather than the size descriptions.
5. All Hindi words used in the recipes, if not translated in the recipes, are given in **Translations to Hindi & English** (page 20) and/or explained in the **Glossary (Meanings and Methods)** on page 19. If you come across a word you do not know, check pages 19 and/or 20.
6. Time and heat settings in the recipes refer to the large burner of an efficient domestic gas stove. You may have to adjust these times and settings to suit your stove. For best cooking results, adjust the heat so that cooking times are the same as those given in the recipes. You will be helped in making these adjustments by the steps and indications given in various recipes (for example, a few light brown specks should appear on the underside of a *paratha* after 1 minute on medium heat).
7. Excessive heat may cause sticking and burning of food and wastes fuel.
8. **To prevent sticking of foods** such as *dosa*, *uttapam* and *poora* on the tava: before heating tava, rub  $\frac{1}{4}$  tsp/1.3 ml vegetable oil using a clean cotton cloth or paper napkin all over the tava, avoiding the rivets. Heat tava on medium-high (a setting between medium and high) heat till oil **just** begins to smoke. Reduce heat to medium. This is the point to pour batter on tava. Heating tava to the correct temperature is critical: if tava is heated beyond the point when oil just begins to smoke, tava will be too hot and batter will be difficult to spread; if tava is not hot

enough (before oil just begins to smoke) batter will spread but *dosa/poora* will stick. For cooking subsequent *dosa/poora* do not add oil on tava before pouring batter.

9. Ghee, butter or oil can be spread on tava with a pastry brush or spatula.
10. It may be easier to turn some foods with two spatulas rather than one.
11. The quantities of green chillies recommended in the recipes are calculated to produce food of moderate pungency. You may increase, reduce or eliminate the chillies according to your taste.
12. Do not leave tava unattended while cooking as cooking times are short and food may burn.
13. It is possible to cook with less ghee or butter than given in the recipes or substitute oil for ghee or butter. However, this may affect the taste.
14. Eggs require controlled heat or they may become tough. Eggs should be cooked on low to medium temperatures.
15. Eggs, batters, doughs and fillings should be at room temperature before beginning to cook.
16. To avoid sticking when rolling out rounds of dough: slightly flatten balls and press the balls/coils lightly in flour on both sides. Shake off excess flour and roll out.
17. While cooking on tava, *paratha* and *phulka* leave a residue of flour that will burn. Using a kitchen cloth, wipe off accumulated residue after every third *roti*.

## Saving Energy

The instructions given in this Manual for regulating heat and producing tasty food will also optimise fuel consumption and save energy.

## How to Stuff *Paratha*

USE THESE INSTRUCTIONS AS INDICATED IN THE RECIPES.



Figure A



Figure B

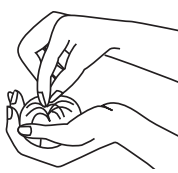


Figure C

1. Place round on palm of hand. Cup hand slightly to form a depression in centre of round (Figure A).
2. Put amount of filling specified in recipe on round. Except potato, lightly pat filling, spreading evenly to  $\frac{1}{4}$  inch/6 mm from edge of round (Figure B).
3. Surround filling evenly with dough by gently opening and closing hand slightly in a pulsating motion till some edges just meet. Pinch together the edges which meet just enough to seal (Figure C). Pat sealed area to get an even thickness of dough. Repeat till round is closed fully.
4. Place stuffed round on board. Flatten slightly. Stuff remaining rounds of dough in the same way. Keep covered with a damp cloth.
5. On a floured board, roll each stuffed ball gently into a flat round as required:
  - For 16 cm *paratha*: rounds  $6\frac{1}{2}$  inch/16 cm in diameter
  - For 18 cm *paratha*: rounds  $7\frac{1}{4}$  inch/18 cm in diameter
  - For 20 cm *paratha*: rounds 8 inch/20 cm in diameter.Keep on a lightly floured surface, covered with a damp cloth.

## How to Cook *Paratha*

USE THESE INSTRUCTIONS AS INDICATED IN THE RECIPES.

***Paratha* take about 4 minutes to cook; stuffed *paratha* take about 5 minutes; *makai ki roti* take about 7 minutes.**

1. Put round on pre-heated tava. Cook 1 minute. (Top should begin to look dry and darken. There should be a few light brown specks on the underside. If you can adjust the heat so that a few brown specks appear on the underside in 1 minute, you will be cooking at the ideal temperature. This guideline applies to the second and subsequent rounds cooked; the first round cooked after pre-heating tava takes about 3 minutes – keep cooking till a few light brown specks appear on underside.) Turn over round with a broad spatula.
2. Spread  $\frac{1}{2}$  tsp/2.5 ml ghee all over top surface of round. Turn over.
3. Spread  $\frac{1}{2}$  tsp/2.5 ml ghee in the same way. Turn over.
4. Lightly press entire round with spatula, rotating and pressing a small area at a time. (Pressing *paratha/makai ki roti* ensures even cooking. If you notice a lighter area, press on the opposite side of that area when you have turned over *paratha/makai ki roti*.) Turn over.
5. Press in the same way. Turn over.
6. Spread  $\frac{1}{2}$  tsp/2.5 ml ghee over round. Turn over.
7. Spread  $\frac{1}{2}$  tsp/2.5 ml ghee over round. Turn over.
8. Continue pressing and turning till *paratha/makai ki roti* is evenly browned (medium-brown) on both sides. Remove.



# Measurements

The quantities of ingredients in the recipes are given in two measuring systems – U.S. and metric – separated by this mark “/”. Use any one of the measurements. Measurements of ghee in the recipes are for ghee at room temperature.

<b>Volume</b>				<b>Weight</b>	
All measurements are level, not heaped.				<b>Metric</b>	<b>Equivalent</b>
<b>Measurement</b>	<b>Equivalent</b>			28 g (rounded off to 30 g)	1 oz
1 teaspoon	5 ml			450 g	16 oz / 1 lb
1/2 tablespoon	1 1/2 teaspoons / 7.5 ml			1 kg	2.2 lb
1 tablespoon	3 teaspoons / 15 ml				
1/4 cup	4 tablespoons / 60 ml			<b>Length</b>	
1/3 cup	5 tablespoons + 1 teaspoon / 80 ml			<b>Measurement</b>	<b>Equivalent</b>
1/2 cup	8 tablespoons / 120 ml			1/4 inch	6 mm
3/4 cup	12 tablespoons / 180 ml			3/8 inch	9 mm
1 cup	16 tablespoons / 240 ml			1/2 inch	1.3 cm
1 litre	1000 ml			5/8 inch	1.6 cm
				3/4 inch	1.9 cm
				7/8 inch	2.2 cm
				1 inch	2.5 cm
<b>Abbreviations</b>					
<b>Abbreviation</b>	<b>Equivalent</b>	<b>Abbreviation</b>	<b>Equivalent</b>	<b>Abbreviation</b>	<b>Equivalent</b>
tsp	teaspoon	oz	ounce	kg	kilogram
tbsp	tablespoon	lb	pound	mm	millimetre
ml	millilitre	g	gram	cm	centimetre

## Paratha (Layered Unleavened Bread)

### Yield

16 cm diameter *paratha*: 12  
18 cm diameter *paratha*: 10  
20 cm diameter *paratha*: 8  
22 cm diameter *paratha*: 6

5 cups / 500 g	<b>sifted wheat flour</b>
1 tsp / 5 ml	<b>salt</b> (optional)
1 <sup>3</sup> / <sub>4</sub> cups / 420 ml	<b>water</b>
1/2 cup + 2 tbsp / 150 g	<b>ghee</b>

1. Mix flour, salt and 1 cup/240 ml water. Add enough of remaining water (3/4 cup/180 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

2. Rub hands with a little ghee. Knead dough briefly. Make the number and size of balls as required:

- For 16 cm *paratha*: 12 balls about 1<sup>1</sup>/<sub>2</sub> inch/3.8 cm in diameter
- For 18 cm *paratha*: 10 balls about 1<sup>5</sup>/<sub>8</sub> inch/4.3 cm in diameter
- For 20 cm *paratha*: 8 balls about 1<sup>3</sup>/<sub>4</sub> inch/4.5 cm in diameter
- For 22 cm *paratha*: 6 balls about 2<sup>1</sup>/<sub>4</sub> inch/5.4 cm in diameter.

Keep covered with a damp cloth.

3. On a floured board, roll a ball of dough into a flat round (see page 5 para 16) and spread ghee all over the top surface of the round as required:

- For 16 cm *paratha*: a round 6<sup>1</sup>/<sub>2</sub> inch/16 cm in diameter; spread 1/2 tsp/2.5 ml ghee
- For 18 cm *paratha*: a round 7<sup>1</sup>/<sub>4</sub> inch/18 cm in diameter; spread 1/2 tsp/2.5 ml ghee
- For 20 cm *paratha*: a round 8 inch/20 cm in diameter; spread 3/4 tsp/3.8 ml ghee

- For 22 cm *paratha*: a round 8<sup>3</sup>/<sub>4</sub> inch/22 cm in diameter; spread 3/4 tsp/3.8 ml ghee.

4. Starting at one edge, tightly roll up round (Figure A). Each time a turn is completed, pat the top of the rolled-up portion from the centre outward to the edges with fingers (Figure B). With palms of both hands roll back and forth (Figure C) till extended as required:

- For 16 cm *paratha*: to 8 inch/20 cm long
- For 18 cm *paratha*: to 9 inch/22.5 cm long
- For 20 cm *paratha*: to 10 inch/25 cm long
- For 22 cm *paratha*: to 11 inch/27.5 cm long.

Wind around one end into a flat coil (Figure D). Put free end over centre top of coil (Figure E). Press down free end gently. Flatten coil slightly.

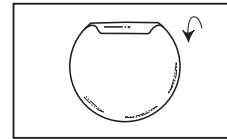


Figure A

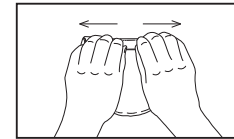


Figure B

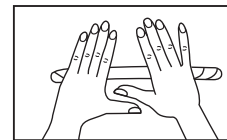


Figure C

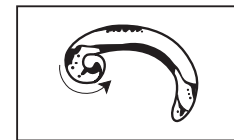


Figure D

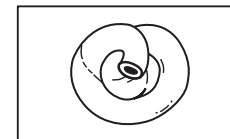


Figure E

5. Make remaining balls into rounds and coils in the same way as given in **step 3** and **step 4**. Keep covered with a damp cloth.

6. On a floured board, roll each coil into a flat round as required:
- For 16 cm *paratha*: rounds 6<sup>1</sup>/<sub>2</sub> inch/16 cm in diameter
  - For 18 cm *paratha*: rounds 7<sup>1</sup>/<sub>4</sub> inch/18 cm in diameter
  - For 20 cm *paratha*: rounds 8 inch/20 cm in diameter
  - For 22 cm *paratha*: rounds 8<sup>3</sup>/<sub>4</sub> inch/22 cm in diameter.
- Keep on a lightly floured surface, covered with a damp cloth.
7. Heat tava on medium heat as follows:
- For the 22 cm tava: 1<sup>1</sup>/<sub>2</sub> minutes
  - For the 24 cm tava: 2<sup>1</sup>/<sub>2</sub> minutes
  - For the 26 cm tava: 3 minutes
  - For the 28 cm tava: 3 minutes.
8. Put round on tava. Cook as explained on page 6 except, for the following *paratha* sizes, each time spread ghee as required (instead of 1/2 tsp/2.5 ml ghee):
- For 20 cm *paratha*: spread 3/4 tsp/3.8 ml ghee
  - For 22 cm *paratha*: spread 1 tsp/5 ml ghee.
9. Remove *paratha* from tava. With paper napkins or cloth protecting both hands, cup hands around *paratha* and quickly bring together (crushing *paratha*) and release. Rotate *paratha* 90 degrees. Repeat crushing. Cook remaining rounds in the same way. Serve hot. ●

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## ***Phulka (Puffed Unleavened Bread)***

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### **Yield**

14 cm diameter *phulka*: **13**

16 cm diameter *phulka*: **10**

18 cm diameter *phulka*: **8**

2<sup>1</sup>/<sub>2</sub> cups / 250 g **sifted wheat flour**

1/2 tsp / 2.5 ml **salt** (optional)

3/4 cup + 2 tbsp / 210 ml **water**

1. Mix flour, salt and 1/2 cup/120 ml water. Add enough of remaining water (1/4 cup + 2 tbsp/90 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

2. With oiled hands, knead dough briefly. Make the number and size of balls as required:

- For 14 cm *phulka*: 13 balls about 1<sup>1</sup>/<sub>4</sub> inch/3 cm in diameter
- For 16 cm *phulka*: 10 balls about 1<sup>1</sup>/<sub>2</sub> inch/3.8 cm in diameter
- For 18 cm *phulka*: 8 balls about 1<sup>5</sup>/<sub>8</sub> inch/4 cm in diameter.

Keep covered with a damp cloth.

3. On a floured board, roll each ball of dough into a flat round (see page 5 para 16) as required:

- For 14 cm *phulka*: rounds 5<sup>1</sup>/<sub>2</sub> inch/14 cm in diameter
- For 16 cm *phulka*: rounds 6<sup>1</sup>/<sub>2</sub> inch/16 cm in diameter
- For 18 cm *phulka*: rounds 7<sup>1</sup>/<sub>4</sub> inch/18 cm in diameter.

Keep on a lightly floured surface, covered with a damp cloth.

4. Heat tava on medium heat as follows:

- For the 22 cm tava: 1<sup>1</sup>/<sub>2</sub> minutes
- For the 24 cm tava: 2<sup>1</sup>/<sub>2</sub> minutes
- For the 26 cm tava: 3 minutes
- For the 28 cm tava: 3 minutes.

5. Put round on tava. Cook till small blisters appear on surface and very few light brown specks appear on underside (about 15-20 seconds; the first *phulka* takes about 2 minutes). Turn over. Cook till brown specks appear on underside (about 50 seconds). Turn over. If you are experienced with the technique, you may puff up *phulka* directly on the flame. Otherwise, with a folded kitchen cloth, press edges of *phulka* till *phulka* puffs up and/or underside has brown specks (about 30-40 seconds). Remove. Cook remaining rounds in the same way. Serve hot. ●

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## Makai ki Roti (Corn Meal Flat Bread)

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### Yield

14 cm diameter *roti*: 12  
16 cm diameter *roti*: 9  
18 cm diameter *roti*: 7  
20 cm diameter *roti*: 6

4 cups / 400 g **corn meal**  
2<sup>1</sup>/<sub>4</sub> cups / 540 ml **water**  
1/2 cup + 1/4 tsp / 120 g **ghee**

1. Start this step only when ready to cook. Mix corn meal and 1<sup>1</sup>/<sub>2</sub> cups/360 ml water. Add enough of remaining water (3/4 cup/180 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball. Make the number and size of balls as required:

- For 14 cm *roti*: 12 balls about 1<sup>3</sup>/<sub>4</sub> inch/4.5 cm in diameter
- For 16 cm *roti*: 9 balls about 2 inch/5 cm in diameter
- For 18 cm *roti*: 7 balls about 2<sup>1</sup>/<sub>4</sub> inch/5.5 cm in diameter
- For 20 cm *roti*: 6 balls about 2<sup>1</sup>/<sub>2</sub> inch/6 cm in diameter.

Keep covered with a damp cloth.

2. On a well floured board, roll a ball of dough lightly. Dust rolling pin from time to time to avoid sticking. Seal cracks by pinching edges and continue rolling into a flat round as required:

- For 14 cm *roti*: a round 5<sup>1</sup>/<sub>2</sub> inch/14 cm in diameter
- For 16 cm *roti*: a round 6<sup>1</sup>/<sub>2</sub> inch/16 cm in diameter
- For 18 cm *roti*: a round 7<sup>1</sup>/<sub>4</sub> inch/18 cm in diameter
- For 20 cm *roti*: a round 8 inch/20 cm in diameter.

3. Heat tava on medium heat as follows:

- For the 22 cm tava: 1<sup>1</sup>/<sub>2</sub> minutes
- For the 24 cm tava: 2<sup>1</sup>/<sub>2</sub> minutes
- For the 26 cm tava: 3 minutes
- For the 28 cm tava: 3 minutes.

Spread 1/4 tsp/1.3 ml ghee on tava all over the area where the *roti* round will be placed.

4. Put one hand over round and tip board till round drops onto open palm. (If round sticks to the board, ease round using broad spatula and tip board in the same way.)

5. Put round on tava. Cook till underside has golden brown patches (about 2 minutes; the first *roti* takes about 3 minutes). Turn over with a broad spatula. Cook 2 minutes. Turn over. Continue cooking, following steps 2 to 8 of **How to Cook Paratha** on page 6 except, for the following *roti* sizes, each time spread ghee as required (instead of 1/2 tsp/2.5 ml ghee):

- For 18 cm *roti*: spread 3/4 tsp/3.5 ml ghee
- For 20 cm *roti*: spread 1 tsp/5 ml ghee.

6. Roll out and cook remaining balls in the same way except do not spread ghee on tava. Roll out each ball shortly before cooking (while another round is on tava). Serve hot, accompanied with hot *sarson ka saag*. ●

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## Paneer Tikki (Cottage Cheese Cutlets)

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**Yield:** 20 *tikki*

9<sup>1</sup>/<sub>2</sub> cups / 2.3 litres **whole milk**  
3 tbsp + 1 tsp / 50 ml **lemon juice**  
2 slices **bread**  
(each 3<sup>1</sup>/<sub>4</sub> inch x 3<sup>1</sup>/<sub>4</sub> inch x 3/8 inch / 8 cm x 8 cm x 1 cm)  
1 cup / 240 ml **water**  
2 tbsp / 30 ml **cornflour**  
1 small (2<sup>1</sup>/<sub>2</sub> oz / 75 g) **onion** finely chopped  
1/4 cup / 60 ml **coriander leaves** chopped  
2 **green chillies** finely chopped  
1<sup>1</sup>/<sub>2</sub> tsp / 7.5 ml **salt**  
1/4 tsp / 1.3 ml **pepper**  
1 tbsp + 2 tsp / 25 ml **vegetable oil**

**1. To make soft paneer:**

- a. Place a strainer over a bowl large enough to hold the milk. Line strainer with a muslin cloth large enough to hold the curds and then be tied by winding one corner around the others and knotting. Keep aside.
- b. Pour milk into a pan and bring to boil on high heat, stirring occasionally to prevent skin from forming on top. Reduce heat to medium. Add lemon juice. Stir till milk curdles (curds separate from whey). Cook till whey has a yellow tint and has turned from cloudy to clear (about 2 minutes), stirring and scraping the sides and base of pan. Remove pan from heat.
- c. Stir curdled milk and pour into muslin-lined strainer over the bowl (kept aside in step 1.a). Allow to strain till whey is drained into bowl.
- d. Gather up corners of muslin and tie a knot above curds to make a bag. Place bag on a *thali*, plate or board with knot on top and press gently for a few seconds on knot to level curds. Tilt *thali* slightly to drain and leave 20 minutes. Untie bag and remove *paneer*. Weigh 14 oz/400 g *paneer* to make *tikki*. Gently crumble *paneer*.

**2.** Immerse each bread slice in water for 15 seconds. Squeeze out and discard water. Break bread into tiny pieces.

**3.** Mix gently with fingertips *paneer*, bread and all other ingredients except oil. Make 20 slightly rounded patties about 2 inch/5 cm in diameter, 1/2 inch/1.3 cm thick.

**4.** Spread oil on tava all over the area where the patties will be placed as required:

- For the 22 cm tava: 1 tsp/5 ml oil
- For the 24 cm tava: 1 tsp/5 ml oil
- For the 26 cm tava: 1 1/4 tsp/6.3 ml oil
- For the 28 cm tava: 1 1/2 tsp/7.5 ml oil.

**5.** Place tava on medium heat as follows:

- For the 22 cm tava: 1 minute
- For the 24 cm tava: 1 minute
- For the 26 cm tava: 2 minutes
- For the 28 cm tava: 2 minutes.

Reduce heat to low.

**6.** Add the number of patties as required:

- For the 22 cm tava: 4 patties
- For the 24 cm tava: 4 patties
- For the 26 cm tava: 5 patties
- For the 28 cm tava: 7 patties.

Fry on both sides till golden brown (about 3 minutes on each side). Remove.

**7.** Fry remaining patties in the same way as in **step 4** and **step 6**. Serve hot, accompanied with chutney or tomato ketchup. ●

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## Welsh Griddle Cakes

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**Yield:** 15 cakes

1 <sup>3</sup> / <sub>4</sub> cups / 200 g	<b>refined flour</b>
2 tsp / 10 ml	<b>baking powder</b>
1/4 tsp / 1.3 ml	<b>salt</b>
1/4 tsp / 1.3 ml	<b>nutmeg</b> powdered (optional)
1/3 cup + 1 1/2 tbsp / 100 g	<b>cold butter</b> cut into 1/2 inch / 1.3 cm cubes and refrigerated till use
3/4 cup / 100 g	<b>powdered sugar</b>
1/3 cup / 50 g	<b>raisins</b>
1	<b>egg</b> beaten
1/2 to 2 tsp / 2.5 ml to 10 ml	<b>milk</b>

1. Sift together flour, baking powder, salt and nutmeg, three times. Place in large bowl.
2. Add cold butter into bowl. Take a cube of butter and a small portion of flour mixture between fingertips and thumb of each hand. Raise hands about 8 inch/20 cm from base of bowl. Rub butter and flour mixture between fingers and thumbs; let mixture fall into bowl. Repeat till all butter is rubbed in and mixture resembles fine bread crumbs. Add sugar and raisins. Mix with a fork. Add egg. Mix with fork. Add and mix enough milk, 1/2 tsp/2.5 ml at a time, till mixture can be patted to form a ball. Do not knead.
3. On a floured surface, roll out dough evenly to about 1/4 inch/6 mm thick. Cut into rounds with pastry cutter or inverted bowl or glass 2<sup>3</sup>/<sub>4</sub> inch/7 cm in diameter. Use a blunt knife/spatula to lift rounds and place on a floured surface.
4. Gather trimmings and form a ball. Repeat **step 3** till all dough is cut into rounds (about 15).
5. Heat tava on medium heat as follows:

- For the 22 cm tava: 1 1/2 minutes
- For the 24 cm tava: 2 1/2 minutes
- For the 26 cm tava: 3 minutes
- For the 28 cm tava: 3 minutes.

Reduce heat to low.

**6.** Leaving the centre space free, quickly add the number of rounds as required:

- For the 22 cm tava: 4 rounds
- For the 24 cm tava: 4 rounds
- For the 26 cm tava: 5 rounds
- For the 28 cm tava: 4, 5 or 6 rounds.

Cook about 5 minutes on each side (both sides should be golden brown). Remove.

**7.** Cook remaining rounds as recommended in **step 6**, on low heat about 3 minutes on each side. (Cooking 6 rounds on the 28 cm tava may take longer than 3 minutes.) Make the number of rounds cooked in each batch as equal as possible. Serve hot or at room temperature accompanied with honey or jam. ●

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## Puran Poli (Sweet Stuffed Unleavened Bread)

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### Yield

14 cm diameter *poli*: **18**  
16 cm diameter *poli*: **13**  
18 cm diameter *poli*: **10**  
20 cm diameter *poli*: **8**

### Dough

1 <sup>3</sup> / <sub>4</sub> cups / 200 g	<b>sifted refined flour</b>
1/4 tsp / 1.3 ml	<b>salt</b>
a pinch	<b>turmeric</b>
1/4 cup + 2 1/2 tbsp / 97.5 ml	<b>water</b>
1/4 cup + 2 tbsp / 90 ml	<b>vegetable oil</b>

### Filling

1 cup / 200 g	<b>chana dal</b>
1 <sup>2</sup> / <sub>3</sub> cups / 400 ml	<b>water</b>
13 oz / 370 g	<b>gur</b> grated
10	<b>green cardamoms</b> husks removed, seeds powdered

**1. To make dough:** Mix flour, salt and turmeric. Add water and mix to make a stiff dough. Add oil, 2 tbsp/30 ml at a time, kneading after each addition, till dough is very soft, elastic and no longer sticky. Keep covered 1 hour.

**2. To make filling:** Put *chana dal* and water in a Hawkins pressure cooker. Close cooker. Bring to full pressure (first whistle) on high heat. Reduce heat and cook 10 minutes. Remove cooker from heat. Allow to cool naturally.

**3.** Open cooker. Mash *dal* with back of a ladle.

**4.** Add *gur* and cardamom. Cook on medium heat till mixture thickens and leaves the sides of cooker, stirring occasionally (about 15 minutes). Allow to cool.

**5.** With oiled hands, make the number and size of balls of filling as required:

- For 14 cm *poli*: 18 balls about 1<sup>1</sup>/<sub>4</sub> inch/3 cm in diameter
- For 16 cm *poli*: 13 balls about 1<sup>3</sup>/<sub>8</sub> inch/3.5 cm in diameter
- For 18 cm *poli*: 10 balls about 1<sup>5</sup>/<sub>8</sub> inch/4 cm in diameter
- For 20 cm *poli*: 8 balls about 1<sup>3</sup>/<sub>4</sub> inch/4.5 cm in diameter.

Keep covered.

**6. To make *poli*:** Knead dough briefly. With oiled hands, make the number and size of balls as required:

- For 14 cm *poli*: 18 balls about 1<sup>1</sup>/<sub>4</sub> inch/3 cm in diameter
- For 16 cm *poli*: 13 balls about 1<sup>3</sup>/<sub>8</sub> inch/3.5 cm in diameter
- For 18 cm *poli*: 10 balls about 1<sup>5</sup>/<sub>8</sub> inch/4 cm in diameter

● For 20 cm *poli*: 8 balls about 1<sup>3</sup>/<sub>4</sub> inch/4.5 cm in diameter. Keep covered.

**7.** Rub hands with a little oil. Put a ball of dough on palm of one hand. With fingers of other hand, pat dough outwards to form a round as required:

- For 14 cm *poli*: a round 2<sup>1</sup>/<sub>2</sub> inch/6 cm in diameter
- For 16 cm *poli*: a round 2<sup>3</sup>/<sub>4</sub> inch/6.8 cm in diameter
- For 18 cm *poli*: a round 3 inch/7.7 cm in diameter
- For 20 cm *poli*: a round 3<sup>1</sup>/<sub>2</sub> inch/8.5 cm in diameter.

Put a ball of filling in centre of round. Close round over filling by gently gathering dough from sides to top, pinching to form a tiny peak. Press peak to one side and pat dough to seal any openings. Keep assembled ball on floured surface. Assemble and keep remaining balls in the same way.

**8.** On a floured board, flatten assembled ball slightly. Roll gently into a flat round (see page 5 para 16) as required:

- For 14 cm *poli*: a round 5<sup>1</sup>/<sub>2</sub> inch/14 cm in diameter
- For 16 cm *poli*: a round 6<sup>1</sup>/<sub>2</sub> inch/16 cm in diameter
- For 18 cm *poli*: a round 7<sup>1</sup>/<sub>4</sub> inch/18 cm in diameter
- For 20 cm *poli*: a round 8 inch/20 cm in diameter.

Roll out remaining balls in the same way. Keep covered.

**9.** Heat tava on medium heat as follows:

- For the 22 cm tava: 1<sup>1</sup>/<sub>2</sub> minutes
- For the 24 cm tava: 2<sup>1</sup>/<sub>2</sub> minutes
- For the 26 cm tava: 3 minutes
- For the 28 cm tava: 3 minutes.

Put round on tava. Cook 1 minute (underside should have very few faint brown specks). Turn over. Cook second side similarly 1 minute. Remove. Cook remaining rounds in the same way. Serve hot or at room temperature. Optional garnish: melted ghee or butter. ●

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## ***Gobi Paratha (Unleavened Bread Stuffed with Cauliflower)***

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### **Yield**

16 cm diameter *paratha*: **12**

18 cm diameter *paratha*: **9**

20 cm diameter *paratha*: **8**

### **Dough**

4 cups / 400 g	<b>sifted wheat flour</b>
1/2 tsp / 2.5 ml	<b>salt</b>
1 tbsp + 2 tsp / 25 ml	<b>ghee</b>
1 1/3 cups + 2 tsp / 330 ml	<b>water</b>

### **Filling**

3 medium (3 lb 5 oz / 1.5 kg)	<b>cauliflowers</b> leaves and tough lower part of stems removed, quartered (1 lb 11 oz / 760 g)
1 tbsp + 2 tsp / 25 ml	<b>salt</b>
2 medium (7 oz / 200 g)	<b>onions</b> finely chopped
1 1/2 tsp / 7.5 ml	<b>cumin seeds</b>
4	<b>green chillies</b> finely chopped
1/4 cup / 60 ml	<b>coriander leaves</b> finely chopped

### **Ghee for Frying**

1/2 cup / 120 g

**1. To make dough:** Mix flour, salt, ghee and 1 cup/240 ml water. Add enough of remaining water (1/4 cup + 2 tbsp/90 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

**2. To make filling:** Grate cauliflower. Mix cauliflower and salt. Keep aside 15 minutes. Squeeze gently and discard water. Add remaining ingredients. Mix.

**3.** Rub hands with a little ghee. Knead dough briefly. Make the number and size of balls as required:

- For 16 cm *paratha*: 12 balls about 1 1/2 inch/3.8 cm in diameter
- For 18 cm *paratha*: 9 balls about 1 5/8 inch/4 cm in diameter
- For 20 cm *paratha*: 8 balls about 1 3/4 inch/4.3 cm in diameter.

Keep covered with a damp cloth.

**4.** On a floured board, roll each ball of dough into a flat round (see page 5 para 16) as required:

- For 16 cm *paratha*: rounds 4 inch/10 cm in diameter
- For 18 cm *paratha*: rounds 4.5 inch/11 cm in diameter
- For 20 cm *paratha*: rounds 5 inch/12.5 cm in diameter.

Keep on a lightly floured surface, covered with a damp cloth.

**5. To stuff *paratha*:** Follow illustrated steps on page 6, using the amount of filling for each round of dough as required:

- For 16 cm *paratha*: 5 1/2 tbsp/55 g filling
- For 18 cm *paratha*: 7 tbsp/70 g filling
- For 20 cm *paratha*: 8 1/2 tbsp/85 g filling.

**6.** Heat tava on medium heat as follows:

- For the 22 cm tava: 1 1/2 minutes
- For the 24 cm tava: 2 1/2 minutes
- For the 26 cm tava: 3 minutes
- For the 28 cm tava: 3 minutes.

**7.** Put round on tava. Cook as explained on page 6 except, for a 20 cm *paratha*, each time spread 3/4 tsp/3.8 ml ghee (instead of 1/2 tsp/2.5 ml ghee). Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●



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## Chana Dal Paratha (Unleavened Bread Stuffed with Bengal Gram)

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### Yield

16 cm diameter *paratha*: 12

18 cm diameter *paratha*: 9

20 cm diameter *paratha*: 8

### Filling

2 cups + 3 tbsp / 525 ml	<b>water</b>
1 <sup>1</sup> / <sub>8</sub> cups / 225 g	<b>chana dal</b> soaked in 2 cups / 480 ml water for 15 minutes and drained
1 <sup>3</sup> / <sub>4</sub> tsp / 8.8 ml	<b>salt</b>
1 <sup>1</sup> / <sub>4</sub> tsp / 1.3 ml	<b>turmeric</b>
1 medium (4 oz / 115 g)	<b>onion</b> finely chopped
1 x 1 <sup>1</sup> / <sub>2</sub> inch / 1.3 cm piece (1 <sup>1</sup> / <sub>6</sub> oz / 5 g)	<b>fresh ginger</b> finely chopped
4	<b>green chillies</b> finely chopped
1 <sup>1</sup> / <sub>4</sub> cup / 60 ml	<b>coriander leaves</b> finely chopped

### Dough

4 cups / 400 g	<b>sifted wheat flour</b>
1 <sup>1</sup> / <sub>2</sub> tsp / 2.5 ml	<b>salt</b>
1 tbsp + 2 tsp / 25 ml	<b>ghee</b>
1 <sup>1</sup> / <sub>3</sub> cups + 2 tsp / 330 ml	<b>water</b>

### Ghee for Frying

1<sup>1</sup>/<sub>2</sub> cup / 120 g

**1. To make filling:** Bring water to boil in a medium pan on high heat. Add *chana dal*, salt and turmeric. Stir. Bring to boil. Reduce heat to low. Cover and cook till *dal* is tender but not mushy (about 35 minutes). Meanwhile, do **step 2**. Drain off excess water, if any. Allow to cool. Add remaining ingredients. Mix.

**2. To make dough:** Mix flour, salt, ghee and 1 cup/240 ml water. Add enough of remaining water (1<sup>1</sup>/<sub>4</sub> cup + 2 tbsp/90 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

**3.** Rub hands with a little ghee. Knead dough briefly. Make the number and size of balls as required:

- For 16 cm *paratha*: 12 balls about 1<sup>1</sup>/<sub>2</sub> inch/3.8 cm in diameter
- For 18 cm *paratha*: 9 balls about 1<sup>5</sup>/<sub>8</sub> inch/4 cm in diameter
- For 20 cm *paratha*: 8 balls about 1<sup>3</sup>/<sub>4</sub> inch/4.3 cm in diameter.

Keep covered with a damp cloth.

**4.** On a floured board, roll each ball of dough into a flat round (see page 5 para 16) as required:

- For 16 cm *paratha*: rounds 4 inch/10 cm in diameter
- For 18 cm *paratha*: rounds 4.5 inch/11 cm in diameter
- For 20 cm *paratha*: rounds 5 inch/12.5 cm in diameter.

Keep on a lightly floured surface, covered with a damp cloth.

**5. To stuff *paratha*:** Follow illustrated steps on page 6, using the amount of filling for each round of dough as required:

- For 16 cm *paratha*: 1<sup>1</sup>/<sub>4</sub> cup/60 ml filling
- For 18 cm *paratha*: 1<sup>1</sup>/<sub>4</sub> cup + 1 tbsp/75 ml filling
- For 20 cm *paratha*: 1<sup>1</sup>/<sub>3</sub> cup + 1tbsp/95 ml filling.

**6.** Heat tava on medium heat as follows:

- For the 22 cm tava: 1<sup>1</sup>/<sub>2</sub> minutes
- For the 24 cm tava: 2<sup>1</sup>/<sub>2</sub> minutes
- For the 26 cm tava: 3 minutes
- For the 28 cm tava: 3 minutes.

**7.** Put round on tava. Cook as explained on page 6 except, for a 20 cm *paratha*, each time spread 3<sup>3</sup>/<sub>4</sub> tsp/3.8 ml ghee (instead of 1<sup>1</sup>/<sub>2</sub> tsp/3.8 ml ghee). Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●

## ***Pudina Paratha (Layered Unleavened Bread with Mint)***

### **Yield**

16 cm diameter *paratha*: **12**  
18 cm diameter *paratha*: **10**  
20 cm diameter *paratha*: **8**  
22 cm diameter *paratha*: **6**

4½ cups / 450 g	<b>sifted wheat flour</b>
5½ cups / 85 g	<b>mint leaves</b> chopped
2 tsp / 10 ml	<b>cumin seeds</b>
2 tsp / 10 ml	<b>vegetable oil</b>
1½ tsp / 7.5 ml	<b>salt</b>
a pinch	<b>pepper</b>
a pinch	<b>red chilli powder</b>
¼ cups / 300 ml	<b>water</b>
½ cup + 2 tbsp / 150 g	<b>ghee</b>

1. Mix all ingredients except water and ghee. Add ¾ cup/180 ml water. Mix. Add enough of remaining water (½ cup/120 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

2. Rub hands with a little ghee. Knead dough briefly. Make the number and size of balls as required:

- For 16 cm *paratha*: 12 balls about 1½ inch/3.8 cm in diameter
- For 18 cm *paratha*: 10 balls about 1⅝ inch/4.2 cm in diameter
- For 20 cm *paratha*: 8 balls about 1¾ inch/4.5 cm in diameter
- For 22 cm *paratha*: 6 balls about 2 inch/5 cm in diameter.

Keep covered with a damp cloth.

3. On a floured board, roll a ball of dough into a flat round (see page 5 para 16) and spread ghee all over the top surface of the round as required:

- For 16 cm *paratha*: a round 6½ inch/16 cm in diameter; spread ½ tsp/2.5 ml ghee
- For 18 cm *paratha*: a round 7¼ inch/18 cm in diameter; spread ½ tsp/2.5 ml ghee
- For 20 cm *paratha*: a round 8 inch/20 cm in diameter; spread ¾ tsp/3.8 ml ghee
- For 22 cm *paratha*: a round 8¾ inch/22 cm in diameter; spread ¾ tsp/3.8 ml ghee.

4. Starting at one edge, tightly roll up round (Figure A). Each time a turn is completed, pat the top of the rolled-up portion from the centre outward to the edges with fingers (Figure B). With palms of both hands roll back and forth (Figure C) till extended as required:

- For 16 cm *paratha*: to 8 inch/20 cm long
- For 18 cm *paratha*: to 9 inch/22.5 cm long
- For 20 cm *paratha*: to 10 inch/25 cm long
- For 22 cm *paratha*: to 11 inch/27.5 cm long.

Wind around one end into a flat coil (Figure D). Put free end over centre top of coil (Figure E). Press down free end gently. Flatten coil slightly.

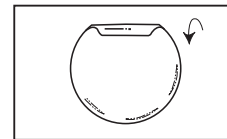


Figure A

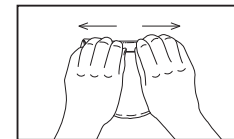


Figure B

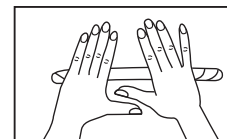


Figure C

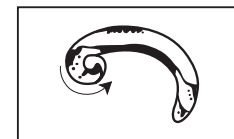


Figure D

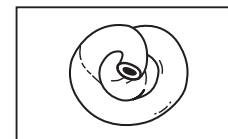


Figure E

5. Make remaining balls into rounds and coils in the same way as given in **step 3** and **step 4**. Keep covered with a damp cloth.

6. On a floured board, roll each coil into a flat round as required:

- For 16 cm *paratha*: rounds 6 $\frac{1}{2}$  inch/16 cm in diameter
- For 18 cm *paratha*: rounds 7 $\frac{1}{4}$  inch/18 cm in diameter
- For 20 cm *paratha*: rounds 8 inch/20 cm in diameter
- For 22 cm *paratha*: rounds 8 $\frac{3}{4}$  inch/22 cm in diameter.

Keep on a lightly floured surface, covered with a damp cloth.

7. Heat tava on medium heat as follows:

- For the 22 cm tava: 1 $\frac{1}{2}$  minutes
- For the 24 cm tava: 2 $\frac{1}{2}$  minutes
- For the 26 cm tava: 3 minutes
- For the 28 cm tava: 3 minutes.

8. Put round on tava. Cook as explained on page 6 except, for the following *paratha* sizes, each time spread ghee as required (instead of  $\frac{1}{2}$  tsp/2.5 ml ghee):

- For 20 cm *paratha*: spread  $\frac{3}{4}$  tsp/3.8 ml ghee
- For 22 cm *paratha*: spread 1 tsp/5 ml ghee.

9. Remove *paratha* from tava. With paper napkins or cloth protecting both hands, cup hands around *paratha* and quickly bring together (crushing *paratha*) and release. Rotate *paratha* 90 degrees. Repeat crushing. Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●

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## Alu Paratha (Unleavened Bread Stuffed with Potatoes)

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### Yield

16 cm diameter *paratha*: 12

18 cm diameter *paratha*: 9

20 cm diameter *paratha*: 8

### Filling

1 cup / 240 ml

**water**

6 medium (1 lb 5 oz / 600 g)

**potatoes**

2 medium (7 oz / 200 g)

**onions** finely chopped

2

**green chillies** finely chopped

1½ tbsp / 22.5 ml

**coriander leaves** chopped

2½ tsp / 12.5 ml

**salt**

1½ tsp / 7.5 ml

**cumin seeds**

½ tsp / 2.5 ml

**red chilli powder**

1¼ tsp / 6.3 ml

**coriander powder**

a pinch

**pepper**

1 tbsp / 15 ml

**pomegranate seeds** crushed

### Dough

¾ cups / 375 g

**sifted wheat flour**

½ tsp / 2.5 ml

**salt**

1 tbsp + 2 tsp / 25 ml

**ghee**

¼ cups / 300 ml

**water**

### Ghee for Frying

½ cup / 120 g

**1. To make filling:** Pour water in a Hawkins pressure cooker. Place potatoes in cooker, preferably on a grid. Close cooker. Bring to full pressure (first whistle) on high heat. Reduce heat and cook 10 minutes. Meanwhile do **step 5**.

**2.** Remove cooker from heat. Release pressure by slight lifting of vent weight.

**3.** Open cooker. Remove potatoes. Cool just till potatoes can be handled.

Peel and mash potatoes. Allow to cool. Add remaining ingredients. Mix.

**4.** Rub hands with a little ghee. Make the number and size of balls as required:

- For 16 cm *paratha*: 12 balls about 1½ inch/3.8 cm in diameter
- For 18 cm *paratha*: 9 balls about 1⅞ inch/4.6 cm in diameter
- For 20 cm *paratha*: 8 balls about 2 inch/5 cm in diameter.

Keep covered.

**5. To make dough:** Mix flour, salt, ghee and ¾ cup/180 ml water. Add enough of remaining water (½ cup/120 ml), 2 tbsp/30 ml at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes wet and sticky). Knead till dough is smooth and elastic (about 2 minutes). Keep covered with a damp cloth about 30 minutes.

**6.** Rub hands with a little ghee. Knead dough briefly. Make the number and size of balls as required:

- For 16 cm *paratha*: 12 balls about 1½ inch/3.8 cm in diameter
- For 18 cm *paratha*: 9 balls about 1⅝ inch/4.2 cm in diameter
- For 20 cm *paratha*: 8 balls about 1¾ inch/4.5 cm in diameter.

Keep covered with a damp cloth.

**7.** On a floured board, roll each ball of dough into a flat round (see page 5 para 16) as required:

- For 16 cm *paratha*: rounds 4 inch/10 cm in diameter
- For 18 cm *paratha*: rounds 4.5 inch/11 cm in diameter
- For 20 cm *paratha*: rounds 5 inch/12.5 cm in diameter.

Keep on a lightly floured surface, covered with a damp cloth.

**8. To stuff *paratha*:** Follow illustrated steps on page 6, using 1 ball of filling for each round of dough.

**9.** Heat tava on medium heat as follows:

- For the 22 cm tava: 1½ minutes
- For the 24 cm tava: 2½ minutes
- For the 26 cm tava: 3 minutes
- For the 28 cm tava: 3 minutes.

**10.** Put round on tava. Cook as explained on page 6 except, for a 20 cm *paratha*, each time spread ¾ tsp/3.8 ml ghee (instead of ½ tsp/2.5 ml ghee). Cook remaining rounds in the same way. Serve hot, accompanied with curd. ●

# Glossary (Meanings and Methods)

**Batter:** A mixture made from flour and a liquid such as water, milk or egg which is thin enough to pour or drop from a spoon.

**Beat:** To mix with an instrument such as a spoon, whisk or electric beater using a regular, rapid, rhythmic movement.

**Chana dal:** Bengal gram. Used for making *dal* and also flour which is called *besan*.

**'Cornflour' (cornstarch):** The starch of corn very finely ground; used as a thickener. Available in grocery shops.

**Corn meal (Makai ka atta):** Flour made from pure maize (corn) which has been ground fine.

**Dough:** A mixture of flour and a liquid such as milk or water which is stiff enough to knead or roll.

**Floured board:** A flat smooth piece of rigid material (such as wood or marble) used for rolling or shaping the dough, also known as *chackla*, dusted lightly with flour to prevent dough sticking.

**Ghee:** Clarified butter

**Ginger, fresh (Adrak):** Peel off the smooth brown skin before grating or chopping. The recipes give the weight as well as the length of fresh ginger required. Since the width and thickness of ginger pieces vary, the width of a piece of ginger is taken to be 1 inch/2.5 cm for quantities specified in the recipes. A 1 inch/2.5 cm long and 1 inch/2.5 cm wide piece of ginger is taken to weigh  $\frac{1}{3}$  oz/10 g.

**Grate (Kasna):** To reduce food to fine particles by rubbing it against the surface of a grater (an abrasive implement with sharp-edged, raised perforations).

**Gur:** Jaggery. A light brown solid, unrefined sugar from sugar cane.

**Knead:** To work dough with hands by pushing into the dough, folding it over and pushing again until dough is resilient, smooth and satiny.

**Muslin:** A thin, plain-weaved cotton cloth.

**Patty:** A small oval or round flattened cake of chopped or minced food.

**Refined flour (Maida):** A white flour made from wheat which has had the bran and germ removed before grinding.

**Roti:** A general term for Indian unleavened breads sometimes called flat bread.

**Sarson ka Saag:** A dish of puréed mustard leaves.

**Sift:** To pass dry ingredients through a sieve.

**Thali:** A round, flat, metal plate with a short straight rim; used for food preparation, serving or eating.

**Wheat flour (Gehun ka atta):** Flour made from whole wheat (usually a variety low in gluten), very finely ground for making Indian bread.

**Outside India,** this flour is called '*chapatti* flour' and is available in East Indian food stores. A fairly close substitute is whole wheat pastry flour. Regular whole wheat flour gives heavier *roti* and is stiffer and more difficult to work with than '*chapatti* flour'. If regular whole wheat flour must be used, sift it several times through a very fine sieve (to get a fine flour and to remove bran) and substitute refined flour for half the whole wheat flour in a recipe. Once adept at handling the dough, you may decrease the quantity of refined flour to suit your taste.

**Whey:** The watery part of milk that separates from the solid part or curd.

# Translations to Hindi & English

Space for Your Notes

Bread	<i>Dabalroti</i>
Butter	<i>Makkhan</i>
<i>Chana dal</i>	Bengal gram
Coriander leaves	<i>Hara dhania ke patte</i>
Coriander powder	<i>Pissa sukha dhania</i>
Corn meal	<i>Makai ka atta</i>
Cumin seeds	<i>Jeera</i>
Ginger, fresh	<i>Adrak</i>
Green cardamom	<i>Choti elaichi</i>
Green chillies	<i>Hari mirch</i>
<i>Gur</i>	Jaggery
Lemon juice	<i>Nimbu ka rus</i>
Mint leaves	<i>Pudina</i>
Nutmeg	<i>Jaiphal</i>
Pepper	<i>Pissi kali mirch</i>
Pomegranate seeds	<i>Anardana</i>
Raisins	<i>Kishmish</i>
Red chilli powder	<i>Pissi lal mirch</i>
Turmeric	<i>Haldi</i>
Whey	<i>Phata hua dudh ka paani</i>

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