

Masala Paratha

Ingredients

- 230g (1½ cups) whole wheat flour
- 1 teaspoon red chili powder
- ½ teaspoon turmeric powder
- 1 teaspoon garam masala
- 1 teaspoon coriander powder
- 1 teaspoon cumin seeds
- ½ teaspoon caraway seeds
- salt to taste
- 30ml (2 tablespoons) oil plus more for frying paratha
- ¼ cup cilantro leaves, chopped finely
- 105ml (½ cup) water, as needed

Preparation

1. Take whole wheat flour, red chili, turmeric, coriander and garam masala powder along with cumin and caraway seeds, and salt in a bowl; mix well.
2. Add oil and chopped cilantro; mix it by rubbing it using your fingertips.
3. Add a little water at a time and start kneading the dough (the dough should be soft like plain paratha dough).
4. Cover and let it rest for 15 minutes.
5. After 15 minutes, knead the dough once again and smooth out.
6. Divide it into 9 equal portions and make smooth balls, then flatten them slightly between your palms. Simultaneously, heat the skillet on medium heat to fry the paratha.
7. While it is heating, work with one flattened ball a time, roll into about 12.5cm (5 inch) diameter circle.
8. Apply very little oil on it and fold from both opposite sides, they will overlap a little.
9. Again apply little oil and fold vertically one side. fold again, it will be square
10. Use a Silpat mat or dust it with dry flour for easy rolling
11. Roll it by keeping the square shape, if you can manage.
12. Place rolled paratha in the skillet.
13. Fry the paratha using little oil till both sides have few brown spots and it is cooked through.
14. When done take it out from skillet and put in an insulated container to keep it hot.
15. Repeat the same process till all the parathas are ready.