

PARATHAS & ROTIES SPECIAL

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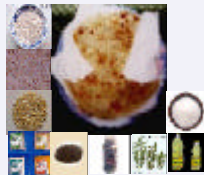


PARATHAS

1. DHALL PARATHAS

INGREDIENTS:

Wheat flour - 2 cups
 Boiled & mashed tur dhal - ½ cup
 Fried gram powder - ¼ cup
 Dhania powder - ½ tsp
 Roasted jeera powder - ½ tsp
 Turmeric powder - a pinch
 Red chilli powder - ¼ tsp
 Mustard seeds - ½ tsp
 Powder asafoetida - a pinch
 Curry leaves - a few
 Oil - 100 ml
 Salt to taste



METHOD:

- 1) Add to the wheat flour boiled & mashed tur dhal, fried gram powder, dhania, jeera powder, turmeric powder & salt & mix well.
- 2) Heat the oil & saute with hing powder, mustard seeds & curry leaves & add to the flour & mix into a stiff dough.
- 3) Roll into parathas of desired shape & size & roast on a tava till golden brown on both sides.

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2. MOONG PARATHAS

INGREDIENTS:

Wheat flour - 2 cups
 Green chilli paste - ½ tsp
 Lemon juice - ½ tsp
 Refined oil - 100 sml
 Salt to taste
 Roasted hing powder - a pinch
 Boiled & smashed moong dhal - ½ cup



METHOD:

- 1) Add to the wheat flour boiled & mashed moong dhal, green chilli paste, roasted hing powder, salt & lemon juice & mix into a stiff dough.
- 2) Roll into parathas of desired shape & size & shallow fry on a tava with required oil.

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3. GOBI & CABBAGE PARATHAS**INGREDIENTS:**

Wheat flour - 2 cups
grated cabbage - 1/2 cup
pepper powder - 1/2 tsp
green chillies crushed - 1 tsp
(powder) asafoetida - little
oil - 100 gms
Salt to taste
finely chopped or grated cauli flower - 1/2 cup

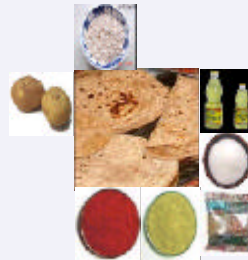
**METHOD:**

- 1) Smear the grated cauliflower with little salt & keep aside for fifteen minutes.
- 2) Add to the wheat flour, pepper powder, chopped green chillies & salt.
- 3) Squeeze & remove the water & add the grated cauliflower & cabbage & mix into a stiff dough adding water carefully.
- 4) Roll into parathas & shallow fry.

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4. ALOO PARATHAS**INGREDIENTS:**

Wheat flour - 2 cups
potatoes - 1/4 kg
chilli powder - 1/2 tsp
dhania powder - 1/2 tsp
jeera powder - 1 1/2 tsp
oil - 100 gms
Salt to taste

**METHOD:**

- 1) Wash well, boil the potatoes in a pressure cooker with little salt & remove the skin & mash well.
- 2) Add chilli powder, dhania jeera powder & salt.
- 3) Add this mixture to the wheat flour & mix well into a stiff dough.
- 4) Make lemon size balls & roll into medium size parathas & shallow fry on both sides till golden brown

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FENUGREEK LEAVES ROTI**INGREDIENTS:**

Whole wheat flour - 2 cups
 Chenna flour - ¼ cup
 Rice flour - 3 tbsps
 Grated carrot - 1
 Fenugreek leaves - 1 bunch
 Coriander leaves - 1 bunch
 Finely chopped bellary onions - 2 nos
 Salt - to taste
 Chilli powder - 1 tsp
 Refined oil - ¼ cup
 Amchur - ½ tsp

**METHOD:**

1. Wash well and chop the green leaves finely.
2. Mix all the flours together.
3. Add the finely chopped coriander and curry leaves, chopped onions, grated carrots heated oil, salt and red chilli powder, amchur and mix well and knead into chapatti dough adding enough water if needed.
4. Roll into thick roties and roast on tava both the sides till golden brown and serve hot with tomato chutney.

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RICE ROTI**INGREDIENTS:**

Rice flour - 1 cup
 Water - 1½ cups
 Pepper - ¼ tsp
 Jeera - ¼ tsp
 Fresh grated coconut - 1 tbsp
 Refined oil - 1 tbsp
 Fried gram - 1 tbsp
 Salt - ¼ tsp

**METHOD:**

1. Powder jeera & pepper coarsely & mix with the rice flour & keep aside.
2. Heat the copper bottomed vessel with 1½ cups water, add salt & when the water starts boiling add the refined oil & grated coconut & fried gram.
3. Then add the one cup flour. Switch off the gas, mix well & keep the flour covered for a while.
4. When it is still warm, knead well with wet hands, make medium sized balls.
5. In a nonstick pan pour one tbsp oil & make thin rotis with wet hands & fry the rotis on one side only. You can use one tsp oil & roast the rotis in medium flame till done. We have to cover with a lid & roast.

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ONION ROTIES**INGREDIENTS:**

Rice flour or ragi flour - 2 cups

Bellary onions - 3 nos

Carrots - 2 nos

Green chilli past (with salt) - 1 tsp

Coriander leaves - a small bunch

Curry leaves - a few

Grated fresh coconut - 2 tbsps

Fried gram - 1 tbsp

Jeera - 1tsp

Salt - ¼ tsp

Refined oil - 100 ml

Water to mix

METHOD:

- 1) Peel & chop the onions into very fine pieces.
- 2) Wash, peel and grate the carrots.
- 3) Wash and chop coriander & curry leaves into fine bits.
- 4) Boil one cup of water & keep aside.
- 5) Take a vessel, add the rice flour, the grated carrots, finely chopped onion pieces, cut coriander & curry leaves, fried gram, jeera, green chilli paste, grated fresh coconut & salt & mix well.
- 6) Then add the hot water gradually & mix the flour into a roti dough.
- 7) Take a nonstick frying pan. Make the dough into small orange sized balls. Pour 1tbsp of oil on the pan, make roties with wet hands. Use hot water for making the roties still thin. With wet hands, you can make roties according to the required thickness.
- 8) Then cover the roties with a lid in medium flame & roast till crisp and serve hot. You need not roast the other side.
- 9) You can use pickles or home made powders as side dishes. Chutney is not needed.

N.B: During the seasons, you can add finely chopped spring onions, to the dough. It will add to the taste. Along with carrot scrapings, you can add finely chopped beans, cabbage, grated knolkol and bangalore brinjal. This combination will make vegetable roties. In the place of rice flour, if we add equal portions of rice flour, ragi flour & wheat flour, it will add to the nutrition as well as taste.

