

Uttar Pradesh, Bihar

Puri:



Recipe of Poori:

INGREDIENTS

for poori:

- ☐ 2 cup wheat flour
- ☐ 1 tbsp rava / semolina / suji (fine)
- ☐ ½ tsp sugar
- ☐ ½ tsp salt
- ☐ 2 tsp oil
- ☐ water (for kneading)
- ☐ oil (for frying)

INSTRUCTIONS

how to make soft & puffy poori:

1. firstly, in a large bowl take 2 cup wheat flour, 1 tbsp rava, ½ tsp sugar, ½ tsp salt and 2 tsp oil.
2. crumble and mix well making sure the flour is moist.
3. now add water and knead the dough.
4. knead the dough tight adding water as required.
5. now pinch a large ball size dough and roll to form a log.
6. cut into pieces and roll them to small balls.
7. place the balls into a small bowl and 1 tsp oil. grease the ball to prevent from drying.
8. now take a ball and roll using a rolling pin.
9. roll to slightly thick thickness.
10. drop the rolled dough into the hot oil.
11. press until the puri puffs up and splash oil to puff up fully.
12. flip over and fry until it turns golden brown.
13. finally, drain off the poori and is ready to enjoy with aloo bhaji.

Nutrients:

Calories: 72kcal

Carbohydrates: 12g

Protein: 2g

Fat: 2g

Saturated Fat: 1g

Sodium: 92mg

Potassium: 44mg

Fiber: 1g

Sugar: 1g

Vitamin A: 56IU

Vitamin C: 8mg

Calcium: 7mg

Iron: 1mg

Sikkim

Matka Roti:



Recipe of matka roti:

INGREDIENTS

- 1 cup Maida
- Salt to taste
- 2 tsp Oil
- Water
- 1 tbsp White sesame seeds
- 1/2 cup Powdered Sugar
- 1/4 cup grated dry Coconut
- Cardamom powder
- Oil for frying

INSTRUCTIONS

- Take maida into a dish.
- Add salt, oil and mix everything well together.
- Add a little water at a time and knead a little thick dough like chapatti dough.
- Transfer the dough into a bowl, cover and rest it for about 30 minutes.
- Take sesame seeds into a pan and roast them on low heat until these change the color.
- Take powdered sugar into a bowl. Add dry coconut, roasted sesame seeds, cardamom powder and mix well.
- Stuffing is all ready.
- Take the dough and knead it once more to make nice and even.
- Make small balls from it and make them smooth and even.
- Take a ball and roll it into a small and as thin as possible disc.
- Prick it a little with a fork.
- Heat up oil in a pan.

- Drop the rolled puri into hot oil and fry well from both sides.
- It should not change the color.
- Take the puri out when soft, spread the stuffing on it and fold it into half.
- Again spread the stuffing and fold it into quarter.
- Though it is soft now, it will become nice and crispy on cooling.

Nutrients :

Energy	69 cal	3%
Protein	2.2 g	4%
Carbohydrates	14.7 g	5%
Fiber	0.1 g	0%