

**Punjab:**

**Make ki roti:**



### **Recipe of making make di roti :**

Ingredients

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- 2 cups maize flour or makki ka atta (cornmeal) - 200 grams
- ½ cup hot water or add as required
- 1 teaspoon ajwain (carom seeds)
- salt as required
- ghee or oil as required for roasting

### **Making Dough**

- In a mixing bowl take 2 cups maize flour or cornmeal, 1 teaspoon carom seeds and salt as required. Mix them together with a spoon.
- Heat 1 cup water separately in a pan till it comes to a boil. Add this hot water to the flour.
- Mix with a spoon. Cover and keep aside till the dough mixture becomes warm.
- When the mixture becomes warm and the heat is fine to handle, begin to knead to a smooth yet firm dough. If the dough looks dry, then add some warm water. If the dough looks sticky, then add a few tablespoons of maize flour.
- Knead into a smooth yet firm dough. fine cracks will be there. So not to worry. make medium sized balls of the dough. Shape them into a neat ball and flatten them.

### **Method 1 For Rolling Makki Ki Roti**

- Sprinkle some maize flour on the rolling board. Place the dough ball on the rolling board. Then sprinkle some maize flour on the dough ball also.
- Begin to gently roll with a rolling pin (belan). Add more flour if required.
- Roll to small to medium-sized round circle. Make into the size of a phulka or chapati but not very thin, but a little thick.
- You can even use a ziplock bag. If using a zip lock bag, then keep the bag on the rolling board or on a plate or on a surface which you can move. Place the dough ball

in the bag. Press it slightly with your hands. Now with the rolling pin (belan), slowly roll. Sprinkle some flour. Move the rolling board and roll again. This is to ensure that all the sides of the roti are evenly rolled.

## Method 2 For Rolling Makki Di Roti

- Makki roti can also be made by patting the dough. Sprinkle some maize flour on the dough ball all over and also on the rolling board.
- Now with your fingers gently press and pat the dough. As you press the dough, also move it clockwise. add flour as required when patting the dough.
- Continue to press and pat the dough till you get a neat makki roti. Do not make thin but slightly thick roti. When the dough is patted, the edges won't be even.

## Making Makki Ki Roti

- Now spread some ghee or oil on a hot tawa.
- Gently place the roti on the tava or griddle. If there is a crack on the roti, then gently pat that portion with a few drops of water.
- When one side is a little browned, flip the roti with the help of a spatula.
- When the other side gets browned, flip again. Flip a couple of times and cook till the roti is well browned and cooked from all sides. Press the edges with a spatula so that they get cooked well.
- Pour some ghee on the sides whilst cooking the roti. If the dough is kneaded very well, the makki di roti will start puffing up also or you can see puff coming up at some spots.
- Serve the makki ki roti hot with sarson ka saag and jaggery cubes. If you don't mind then you can add some white butter (makhan) on top of the makki di roti while serving them hot and that's how they are relished and served in punjabi families.

## Nutritious:

Protein	1.3 g	2%
Carbohydrates	14.4 g	5%
Fiber	1.4 g	6%
Fat	3.2 g	5%

## Hariyana

### Naan:



### Recipe of making Naan :

**1. Whole wheat flour** – in this recipe post, I have used all-purpose flour to make them. You can even use whole wheat flour or a combination of whole wheat flour and all-purpose flour. Sometimes I make this naan bread with a 2:1 proportion of whole wheat flour and all-purpose flour, but you can use 1:1 or even 3:1 of whole wheat flour and all-purpose flour respectively.

**If you are very conscious about eating whole wheat flour naan only**, then you can check these two naan bread recipes made with whole wheat flour.

1. **Wheat naan**
2. **Butter naan**

**2. Herbs & spices** – to make the naan more flavorful, you can add one to two herbs or a mix of herbs in the dough. Some spices or spice powders will also make naan taste more better.

**3. Cheese naan** – stuff some grated cheese in a rolled dough. Seal, roll and roast the naan.

**4. Butter naan** – add some butter in the dough instead of oil. After roasting the naan, brush with some softened or melted butter.

**5. With yeast** – naan is also made with yeast and I also make these on occasions. I have one more recipe of **Naan** where they have really puffed up like **Pita bread** but they are made with all-purpose flour (maida) and yeast.

Can you freeze naan?

This naan dough can be frozen for up to four to five weeks. Since curd is added in the dough, I recommend not freezing it for more than four to five weeks. Place the dough in an airtight box and keep in the freezer. Before making the naan, thaw the dough completely at room temperature. Then begin with rolling and roasting.

### Making dough

1. In a mixing bowl take  $\frac{1}{4}$  cup fresh curd or yogurt. For a vegan naan, use almond or cashew yogurt.
2. Add 1 teaspoon sugar, 1 teaspoon baking powder and 1 pinch baking soda. If you do not have baking soda, then skip it.
3. Mix all the ingredients very well till the sugar dissolves.
4. Now add 2 cups all-purpose flour, 1 teaspoon salt or add as required in the bowl.
5. Mix again with a spoon so that the salt is evenly distributed in the flour.
6. Make a well in the center and add 2 tablespoons oil. Note that you can even add butter instead of oil.
7. Add  $\frac{1}{4}$  to  $\frac{1}{3}$  cup water or add as required.
8. First mix and then begin to knead.
9. Knead to a smooth dough. If the curd is thick, then you may need to add more water. In case the dough looks dry, then add some more water and knead. If it becomes sticky, then sprinkle some flour and knead again. You should get a soft stretchy dough. You can even use a stand mixer to knead the dough.
11. Place a moist kitchen towel or napkin completely covering on the dough. Cover the bowl with a lid and let the dough leaven for 2 hours.
12. In the below photo, the dough has leavened after two hours.
13. Make medium-sized balls from the dough.
14. Flatten slightly and sprinkle some flour on the dough as well as on the rolling board.
15. Sprinkle some onion seeds (kalonji) or sesame seeds (black or white) or melon seeds (magaz) on the rolled dough. I have added onion seeds. If you do not have these seeds, then simply skip them.
16. Roll to a 6 or 7 inches elongated circle.

#### Roasting naan on stove-top

18. Heat a heavy griddle or tawa or skillet and keep on medium-high to high flame. Place the naan bread ready on the hot tawa or skillet or griddle.
19. Keep the flame to medium-high or high and begin to cook the naan bread.

20. Let one side get partly cooked. You will see a few air pockets on the naan.
21. When you start seeing the air-pockets, then flip.
22. Now cook the second side on medium-high to high flame.
23. Again you will see air-pockets appearing on the second side. Flip when you see many air-pockets on the naan. (this photo is for reference only). You will see that the second side has cooked more than the first side. The second side has to be cooked more than the first side.
24. You have to flip it using tongs and place it directly on the stovetop flame.
25. Grill the first side on the flame till you see some charred spots and blisters.
28. Place it on a plate or tray. Spread or brush with some softened butter or melted butter. You can even use ghee (clarified butter) or oil for a vegan version. You can even skip using butter or oil entirely.

Nutrients:

Energy	110 cal	6%
Protein	2.7 g	5%
Carbohydrates	16.9 g	6%
Fiber	0.1 g	0%

## **Uttar Pradesh**

### **Lachhe:**



### **Recipe of making Lachhe :**

## **Ingrédients:**

- 1 cup wheat flour / atta
- ☐ ☐ 1 cup maida / plain flour / all-purpose flour
- ☐ ☐ ¾ tsp salt
- ☐ ☐ 1 tsp sugar
- ☐ ☐ pinch of baking soda (optional)
- ☐ ☐ 2 tbsp oil
- ☐ ☐ ½ cup milk (warm)
- ☐ ☐ water as required (to knead)

## **for lachha paratha:**

- ☐ ☐ ¼ cup wheat four / atta
- ☐ ☐ oil as required

## **INSTRUCTIONS**

### **lachha paratha dough recipe:**

1. firstly, in a large mixing bowl, take maida and wheat flour.
2. additionally, add salt, sugar, baking soda and a tsp of oil.
3. furthermore, crumble well with your hands,
4. now add milk and start to knead.
5. add water as required and knead to smooth and soft dough.
6. cover with moist cloth and rest for 30 minutes.

### **lachha paratha recipe:**

1. firstly, pinch a large sized ball dough, roll and flatten it.
2. also dust with some wheat flour.
3. furthermore, roll it into a thin circle as of chapathi. roll as thin as possible.
4. grease the chapathi with oil and sprinkle wheat flour over it.
5. now start creating pleats by folding with the help of fingers.
6. stretch the pleated dough as much as possible.
7. begin to roll the pleated dough like a swiss roll.
8. furthermore, secure the end by pressing gently.
9. take the rolled ball and dust with some wheat flour.
10. and start rolling to a thin circle.
11. take chapathi tawa and place the rolled paratha.
12. after a minuter flip off and cook the other side.
13. once the golden brown spots start appearing on both sides grease with oil.
14. furthermore, flip and roast both sides.
15. then crush the paratha to form layers.
16. finally, serve roti immediately with curry of your choice.

## **Nutrients:**

Calcium	7.9 mg	1%
Iron	0.9 mg	4%
Magnesium	19.1 mg	5%
Phosphorus	43.5 mg	7%

## Himachal Pradesh:

### Parathe:



### Recipie of paratha : INGREDIENTS

for dough:

- ☐ 2 cup wheat flour
- ☐ ½ tsp salt
- ☐ water (for kneading)
- ☐ 2 tbsp oil

for aloo stuffing:

- ☐ 3 potato / aloo (boiled & mashed)
- ☐ 1 tsp ginger paste
- ☐ 2 chilli (finely chopped)
- ☐ 2 tbsp coriander (finely chopped)

- ☐  $\frac{1}{2}$  tsp coriander seeds
- ☐  $\frac{1}{4}$  tsp ajwain / carom seeds
- ☐ 1 tsp chilli powder
- ☐  $\frac{1}{2}$  tsp cumin powder
- ☐  $\frac{1}{2}$  tsp **garam masala**
- ☐  $\frac{3}{4}$  tsp aamchur
- ☐  $\frac{1}{2}$  tsp salt

other ingredients:

- ☐ wheat flour (for dusting)
- ☐ oil (for roasting)

## INSTRUCTIONS

### how to make dough for paratha:

1. firstly, in a large bowl take 2 cup wheat flour and  $\frac{1}{2}$  tsp salt. mix well.
2. add water as required and start to knead.
3. now add 2 tbsp oil and start to knead well.
4. knead to a smooth and soft dough.
5. grease oil and rest for 20 minutes.

### how to make aloo stuffing for paratha:

1. firstly, in a large bowl take 3 potato, 1 tsp ginger paste, 2 chilli, 2 tbsp coriander and  $\frac{1}{2}$  tsp coriander seeds.
2. also, add  $\frac{1}{4}$  tsp ajwain, 1 tsp chilli powder,  $\frac{1}{2}$  tsp cumin powder,  $\frac{1}{2}$  tsp garam masala,  $\frac{3}{4}$  tsp aamchur and  $\frac{1}{2}$  tsp salt.
3. mix well making sure all the ingredients are well combined.
4. aloo stuffing is ready.

### how to make aloo paratha:

1. after the dough has rested for 20 minutes, knead slightly.
2. now pinch a ball sized dough and roll about 4 inches in diameter.
3. place a ball sized prepared aloo stuffing in the centre.
4. take the edge and start pleating bringing it to the centre.
5. also join the pleats together and secure tight pinching off excess dough.
6. sprinkle some wheat flour and roll slightly thick.
7. on a hot tawa place the rolled paratha and cook for a minute.
8. furthermore, flip the paratha when the base is partly cooked (after a minute).
9. also, brush oil / ghee and press slightly. flip again once or twice till both the sides are cooked properly.
10. finally, serve hot aloo paratha with sauce, raita or pickle.



## **NUTRITION**

Calories: 155kcal

Carbohydrates: 26g

Protein: 4g

Fat: 4g

Saturated Fat: 1g

Trans Fat: 1g

Sodium: 298mg

Potassium: 101mg

Fiber: 1g

Sugar: 1g

Vitamin A: 212IU

Vitamin C: 19mg

Calcium: 16mgIron: 2mg