



Buckwheat Paratha

Serving: 1

Veg

Ingredients

- For The Roti
- 5 tsp buckwheat (kutto or kutti no daro) flour
- 2 tsp rice flour (chawal ka atta)
- 1 tsp oil
- salt to taste.
- To Be Mixed Into A Stuffing
- 3 tbsp boiled and coarsely crushed sweet corn kernels (makai ke dane)
- 2 tbsp finely chopped coriander (dhania)
- 2 tsp ginger-green chilli paste
- 1 tbsp finely chopped tomatoes
- salt to taste

Preparation Method

- For the roti
- Combine all the ingredients in a deep bowl and knead into a soft dough, using enough water.
- Divide the dough into equal portions and roll out each portion of the dough circle using a little rice flour for rolling.
- Cook each roti very lightly on a hot non-stick tava (griddle) and keep aside.
- How to proceed
- Divide the stuffing into equal portions and keep aside.
- Place a portion of the filling mixture on one half of each rolled circle and fold it over to make a semi-circle.
- Lift the paratha carefully and place it on a non-stick pan. Using a little oil, cook on both sides till they are golden brown. These have to be cooked on a very slow flame as the rotis are thicker and will take a while to cook.
- **Serve :**