

Gujarati Journey Bread (The Pla)



For 4 people:

- 150g wholemeal flour (plus extra to dust)
- 50g chickpea (gram flour)
- 1 1/2 teaspoons sesame seeds (or poppy seeds)
- 1/4 teaspoon ajwain (or carom) seeds
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon chilli powder
- 1/2 teaspoon salt
- rapeseed oil
- 120ml warm water

Put both wholemeal flour and gram flour in a large mixing bowl. Add the seeds and spices. Mix thoroughly, then add 1 tbsp of oil and rub mixture through with fingers until the flour resembles fine breadcrumbs. Add the warm water (we use half cold tap and half boiled water). Mix together with a spoon until mixture comes together, then knead for about 5 mins. to form a soft and pliable dough (add more flour if too sticky).

Divide dough into 8 balls, or roll out on a well-floured board and use a cookie cutter to make circles ~ 3-4 mm thick (~16 pieces). Heat a non-stick pan over a medium to high heat with some rapeseed oil.

Heat bread circles in the pan on each side until they start to bubble, then turn over and cook the other side (needs quite a lot of oil and hot pan). Once cooked through, remove from the pan onto a serving plate with some kitchen paper to absorb excess oil.

Serve either warm or cold with a selection of indian pickles and chutnies, mmm delicious!
Love from Claire xxx

Adapted From 'Fresh India' Meera Sodha