

malabar paratha



4.58 from 7 votes

kerala parotta recipe - crisp, flaky
unleavened layered flat bread from kerala.

Prep Time

1 hr 10 mins

Cook Time

30 mins

Total Time

1 hr 40 mins

Course: main course

Cuisine: indian, kerala

Servings: 7 to 8 parotta

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Ingredients

- 1 cup whole wheat flour (atta)
- 1 cup all purpose flour (maida)
- 2 tablespoon oil
- ¼ teaspoon baking soda
- ¾ to 1 cup hot water

- 1 to 2 teaspoon sugar
- $\frac{3}{4}$ teaspoon salt or as required

Instructions

making kerala paratha dough

1. seive both the whole wheat flour and all purpose flour with baking soda.
2. make a well and add sugar, salt and oil. add hot water.
3. first mix with a spoon and then knead the dough till soft, smooth and elastic.
4. cover with a moist cloth and keep aside for 45 minutes to 1 hour.

rolling kerala paratha

1. divide into 7 to 8 balls. dust the working surface with flour. roll each ball as thinly as possible into a large round.
2. smear or apply oil on the entire surface of the rolled dough.
3. hold the rolled disc from the top on both sides and pleat them till bottom.

4. now roll them like a spiral and press the last edge onto the center of the roll.
5. make all the spiralled balls this way and cover with wet cloth and keep aside for 15 minutes.

making kerala parotta

1. heat tava or griddle. take each rolled ball and on a dusted working surface, roll each ball into a paratha of 4-5 inches.
2. heat a tava or a griddle. place the paratha on a hot tava and fry on both sides drizzled with some oil on top and the edges till they are crisp and browned.
3. you will see the layers easily and they will be browned.
4. when serving, squish the kerala parotta holding them between your palms so that the layers come up on the surface.
5. serve the kerala paratha with any indian vegetable or lentil curry or dal.

full recipe - <https://www.vegrecipesofindia.com/kerala-paratha-kerala-parotta/>