

# mumbai pav recipe - bombay laadi pav bread recipe

bombay pav recipe - soft, light indian bread rolls

<b>Course</b>	snacks
<b>Cuisine</b>	Indian
<b>Prep Time</b>	1 hour 30 minutes
<b>Cook Time</b>	25 minutes
<b>Total Time</b>	1 hour 55 minutes
<b>Servings</b>	8 to 10 pavs
<b>Calories</b>	213 kcal
<b>Author</b>	dassana

## Ingredients (1 cup = 250 ml)

- 3 to 3.5 cups all purpose flour (maida) - i added 3.25 cups flour
- 2 tablespoon oil or softened butter
- 1.5 to 2 teaspoon instant yeast Or  $\frac{1}{2}$  to  $\frac{3}{4}$  tablespoon dry active yeast Or 1 to 1.5 tablespoon fresh yeast
- 2 teaspoon sugar
- 1 teaspoon salt or as required
- 1 cup warm water or add as required
- some milk for brushing

## How to make recipe

making dough for mumbai pav:

1. in a bowl take 1 cup of all purpose flour, yeast, sugar.
2. add 1 cup water. stir or whisk to make a smooth thick batter.
3. cover and keep the bowl for 30 to 40 minutes till you see a bubbly and frothy layer on the top. the batter would also have risen.
4. add oil, salt and 1 cup flour. mix with a spoon or spatula.
5. add 1 cup flour again. mix and then begin to knead.
6. if the dough appears sticky then you can add about  $\frac{1}{4}$  to  $\frac{1}{2}$  cup flour. the proportion of water to be added, depends on the quality of the flour. overall i added 3.25 cups flour and 1 cup water.
7. knead very well to a smooth pliable dough. spread oil or butter all over the dough.
8. cover the bowl with a lid or a kitchen cotton napkin and keep the bread to leaven for 20 to 25 minutes. the leavening time depends on the type of yeast used. for instant and fresh yeast, 20 to 25 minutes of the first rise is enough. for dry active yeast, you will have to keep for about 45 minutes to 1 hour or more.
9. once the pav dough has risen & doubled, then gently punch and deflate the dough and form a log.
10. slice the log into equal sizes. take each slice and roll between your palms to get a smooth round roll.
11. make rolls this way and place them in a greased tray keeping 1 inch space between all of them. cover and allow the second rise for 25 to 30 minutes. the small loaves would increase in size.

baking pav:

1. just before 15 minutes you bake the pav, preheat the oven at 200 degrees celsius. for a regular oven, heat both the top and bottom elements. for a microwave oven with convection mode, preheat for 15 minutes at 180 degrees.
2. then brush the pavs buns with some milk. this gives a golden color to laadi pav.

3. place the baking tray in the center rack in a preheated oven at 200 degrees celsius for 25 to 30 mins or till the tops turn golden and the pavs sound hollow on tapping. for baking in the microwave oven at convection mode, bake at 180 degrees celsius.
4. remove them from the tray and place on a wired rack or tray, so that they don't become softened and moist from the bottom due to heat condensation.
5. brush melted butter or spread softened butter on top of the pavs. this is an optional step.
6. serve the pavs warm or at room temperature with any curry, vegetable dish or just as plain bun  
maska pav (buttered rolls) served with masala chai.

## Recipe Notes

### tips for making mumbai pav recipe:

1. if the dough become sticky then add some flour and if the dough looks dry, then add some water.
2. if the top surface of the bread browns quickly than place aluminum foil or butter paper on the top. this will avoid further browning.
3. instead of kneading with hands, you can also knead the dough in a food processor or in an electric mixer with paddle attachment.

this approximate nutrition info is per pav:

Nutrition Facts	
mumbai pav recipe - bombay laadi pav bread recipe	
Amount Per Serving	
<b>Calories</b> 213	Calories from Fat 36
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
<b>Sodium</b> 294mg	<b>12%</b>
<b>Potassium</b> 71mg	<b>2%</b>
<b>Total Carbohydrates</b> 37g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein</b> 5g	<b>10%</b>
Calcium	0.8%
Iron	12.4%
* Percent Daily Values are based on a 2000 calorie diet.	

<http://www.vegrecipesofindia.com/bombay-pav-recipe-laadi-pav-recipe/>