

# KERALA PAROTTA

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## INGREDIENTS

3 cups All Purpose Flour  
1 tbsp Sugar  
1 tsp Salt  
1 Egg  
1 tbsp Oil  
¼ cup Milk (warm)  
Ghee for fryingg)

## METHOD

### STEP 1

Mix flour, sugar, salt, egg, and 1 tbsp oil in a bowl. Add milk and mix well.

### STEP 2

Make a soft dough using water. Knead the dough for 5-6 minutes until it becomes soft.

### STEP 3

Cover and keep the dough aside for 20 minutes. Knead it again for 3-4 minutes. Cover and keep aside for another 20 minutes.

### STEP 4

Divide the dough into 8-10 pieces. Make small balls from each piece. Roll the ball to make 6-7 inch circle.

### STEP 5

Apply oil generously over the rolled dough.

### STEP 6

Using a sharp knife, cut the circle into thin stripes. Gather the stripes together and roll to make a spiral.

### STEP 7

Dust and roll the paratha to make a 7-8 inch disc. Heat a griddle.

### STEP 8

Transfer the paratha on the hot griddle.

### STEP 9

Cook till brown spots appear on the lower side. Flip the paratha.

### STEP 10

Apply ghee on both the sides and cook till brown spots darken.

### STEP 11

Apply little pressure while cooking using back of a ladle. Remove the paratha from the griddle.

### STEP 12

Press from both the sides to open the layers

### STEP 13

Serve hot with any curry based dish.

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# THE COOKERY

by The Secret Jozi Chef