

KERALA PAROTTA

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.

THE COOKERY

by The Secret Jozi Chef