

Paratha

Spice by the bay vegetarian catering services, www.spicebythebay.com

Servings: 10

1 1/2 cups whole wheat flour

1 cup unbleached flour

1/2 cup oil

3/4 cup Warm Water

salt, to taste

*Go well with a dry textured vegetable
or chutney or jam.*

Cuisine: Indian

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Mix the flour and salt in a large bowl. Drizzle in 2
tbsp of oil and add warm water until it forms a
medium-stiff dough.

Cover and let it rest for 1/2 hr- 3 hr

Divide the dough into ten 2-inch balls.

To roll out the dough flatten a ball and dip both
sides in the dusting flour. Roll into a six inch in
diameter circle. Brush the top of the half circle
with oil and fold into quarter circle. Roll out into a
triangle with six inches on a side.

Preheat the griddle over moderate heat and
brush with oil. Slip a bread onto the griddle and
cook for 1 1/2 mins, then drizzle with 1 tsp of oil
on the top and edges. Cook until bottom is
reddish brown (approx 1 min). Turn it over with a
spatula and drizzles with another tsp of oil. Cook
until crisp and shows reddish-brown spots on
both sides.

Slip into a basket and fold a tea towel over the
top. Repeat the process for the remaining
breads.

Griddle Fried Whole Wheat Bread

Per Serving (excluding unknown
items): 197 Calories; 11g Fat
(49.8% calories from fat); 4g
Protein; 22g Carbohydrate; 2g
Dietary Fiber; 0mg Cholesterol;
1mg Sodium. Exchanges: 1 1/2
Grain(Starch); 2 1/2 Fat.