

Gobi Paratha (Cauliflower-Stuffed Indian Flatbread)

Serves: 3

Ingredients:

1½ cups + 1/2 cup Whole Wheat Flour
2 cups grated Cauliflower (gobi)
1 small Potato, boiled, peeled, grated, optional
1/4 teaspoon Cumin Seeds
1 medium Onion, finely chopped
1 clove Garlic, finely chopped
½ inch piece of Ginger, peeled and finely chopped
1 Green Chilli, finely chopped
2 tablespoons finely chopped Coriander Leaves
1 teaspoon Lemon Juice or Dry Mango Powder (Amchur Powder)
1/3 teaspoon Garam Masala Powder
1/8 teaspoon Turmeric Powder
1/4 teaspoon Red Chilli Powder
5 teaspoons Oil + for shallow frying
2 tablespoons Butter, for serving
Salt to taste

Gobi Paratha Directions:

1. Mix 1½ cups flour, 2-teaspoons oil and salt in a large wide mouthed bowl. Add water as required in small incremental quantities and knead a smooth dough (like chapati or roti dough). Grease the surface of dough with 1-teaspoon oil. Cover the dough with a plate rest it for 15 minutes at room temperature.
2. In the meantime, prepare the stuffing. Heat 2 teaspoons oil in a pan over medium flame. Add cumin seeds; when they start to crackle, add finely chopped onion and sauté until it turns light brown. Add ginger-garlic paste, green chilli and sauté for approx. 30 seconds.
3. Add grated cauliflower and salt and mix well.
4. Cook it until the cauliflower mixture turns little dry, for approx. 6-7 minutes. Stir in between occasionally to prevent sticking.
5. Add garam masala powder, red chilli powder, turmeric powder, lemon juice (or dry mango powder) and coriander leaves. Mix well and cook for a minute. Add grated boiled potato.
6. Mix properly and turn off the flame. Gobi masala stuffing is ready; let it cool for 5-7 minutes. Divide it into 6 equal portions.
7. Divide dough into 6 equal parts and give them a round shape of ball.
8. Take 1/2 cup dry wheat flour in a medium plate for dusting. Take one dough ball, press it between your palms or on roti making board and make flat patty. Coat the patty with dry wheat flour and place it on a rolling board/roti making board (chakla). Roll it out into a thick circle of approx. 4-5 inch diameter. Put one portion of stuffing in the center.

9. Enclose it by pulling all round surface towards top, seal the edges and again give a round shape of ball.

10. Gently press stuffed ball on rolling board and give it a shape of patty.

11. Coat it with dry flour and roll it out into a raw stuffed paratha of approx. 6-7 inch diameter (like roti or chapati) having approx 1/2 centimeter thickness.

12. Heat the tava over medium flame. Place raw paratha on a hot tava/griddle and cook for around 30-40 seconds. Flip and spread 1/2 teaspoon oil evenly on each side with the help of spatula and cook each side for approx 30-40 seconds. Flip and cook until golden brown spots appear on both sides.

13. Transfer gobi paratha to a plate and spread butter on it. Prepare parathas from remaining dough balls. Serve them hot with potato curry and your favorite sour and spicy pickle.