



## Gobhi Ka Parantha

**Preparation time:** 20 min.

**Serves for:** 4 to 6

Can be served anytime –for breakfast, lunch or dinner

Can be served with yogurt, any type of chutney, pickle, or all of these together

### Ingredients

#### To make dough you will need-

- Whole wheat flour-1 cup
- Water-1/2 cup
- Salt-1/2 tsp
- Asafetida-pinch

#### For Stuffing you will need

- Cauliflower-2 cup( preferably hand grated)
- Cumin seeds-1/2 tsp
- Coriander powder-1tsp
- Redchilli powder-1/4 tsp
- Garam Masala powder-1/4 tsp
- Dry Mango powder-1/2 tsp
- Grated fresh ginger-1tsp
- Chopped cilantro-2tsp
- Asofeteda-1/4 tsp
- Finely chopped green chillies-1/2tsp (personal choice)
- Salt- to taste
- Oil-your choice(vegetable or canola or olive oil)



### Cooking method

#### First make dough;

- Put whole wheat flour in a bowl add salt and pinch of asofeteoda,mix with water and start kneading ( it comes out good if you knead with hands).
- Once it is smooth stop kneading and keep it aside by covering with clean cloth.

#### For Stuffing;

- Mix all the ingredients in a bowl. Once mixed well try to squeeze out the water otherwise it will be moist for stuffing and dough will turned sticky once rolled.

#### Dough and stuffing is ready now. Let's start making Paranthas.

- Divide the dough into 4 to 6 balls.
- Take one dough ball and roll on dry wooden board with the help of rolling pin (Belan).Sprinkle some dry flour on the board before rolling so dough will not stick.
- Roll to make 4" diameter and put 2 tbs cauliflower stuffing in the middle of it.
- Try to close it by pulling rolled dough edges together. (You must have seen me doing it).
- Once it is close nicely put it aside and do rest of the dough balls in same manner.
- Keep a nice thick iron flat pan(tava) or( can use nonstick flat surface pan too) on medium heat.
- Now roll stuffed ball with rolling pin using dry flour both sides so it does not stick to surface.

- Once pan is hot, put rolled parantha on it and let it cook for a minute or so and then turn it to other side.
- When you see brown spots both sides then apply oil with the help of a spoon. Spread the oil all over the parantha surface (both sides). Use a flat spatula to turn it over and press until both sides look nice golden brown and crispy.
- Once nice crispy golden brown looking that means it is ready to be served.

**Tips:**

- Amount of oil to use on parantha varies based upon personal choice and taste.
- It always taste good but it is tastier if you serve hot and crispy.
- Never store in a container when it is hot because it will get soggy.
- It might not look easy to make at first but as usual practice makes it quite easy.
- It can stay good for 3 to 4 day on refrigeration and stay good at least 2 days at normal room tempt ( avoid keeping out in hot summery day).
- Can warm in a pan or in toaster oven to make it hot and crispy again.