

Aloo Paratha (Indian Stuffed Bread)

Submitted by: Nivedha Bhogavilli

There were many invaders from Central Asia that came to India and one of them were the Mughals who invaded in the 16th century. They first came through modern day Afghanistan, and then came to rule in India. As they came, they brought the recipes from Afghanistan so the recipes were mixed. Indians added their flair of Indian spices to come up with aloo parathas.

Parathas originated in North-western countries like Pakistan and Afghanistan. It was introduced to India during the Mughal rule. It is a very popular dish in India and traditionally eaten for breakfast. Parathas can also be made with other types of fillings like cottage cheese (paneer), cabbage, cauliflower and other vegetables.

Makes 4 parathas

Ingredients:

Dough:

2 cups whole wheat flour
1 cup warm water
2 teaspoons canola oil
Pinch of salt

Stuffing:

2 large potatoes
½ cup finely chopped cilantro
1 teaspoon paprika
Salt to taste

Instructions:

To knead dough:

Add salt and oil to the flour and evenly mix.
Add warm water as needed and knead into a smooth dough.
Let the dough rest for 20 minutes.

To make filling:

Cook potatoes until soft.
Peel and mash the potatoes.
Add cilantro, salt, and paprika to the mashed potatoes.
Mix the filling.

To make flat bread:

Evenly divide dough into 8 small sized balls.
Roll each ball into a disk of about 5" diameter.
Divide the potato filling into 4 equal portions.
Place a portion of the filling on a flat dough disk and spread it out evenly to the edge but do not go all the way to the edge.
Take another disk and lay it flat over this and seal the edges.
Again, roll this into a 10" diameter disk.
Heat a flat pan and roast the flat bread evenly in both sides and drizzle a little oil or butter.
These flat breads (Aloo Parathas) taste good when eaten hot.