THE J.M. SMUCKER Co

Methi Paratha

Simply irresistible. As these parathas are made, the aroma of fenugreek greens and ghee wafts through the kitchen making everyone instantly hungry!

Prep Time	Cook Time	Serves	Difficulty
15 mins	25 mins	14	N/A

Ingredients

- 3 cups (750 mL) **Golden Temple®** Durum Atta Blend, + extra for dusting

  Durum Atta Flour

- 1 cup (250 mL) frozen fenugreek greens, thawed, excess liquid squeezed
- 1 tsp (5 mL) Thai green chilies, chopped
- 1 tsp (5 mL) salt or to taste
- 1 cup + 2 tbsp (280 mL) water
- 1/4 cup (50 mL) Ghee or Vegetable Oil for pan frying

Directions

Combine first four ingredients in a bowl. Slowly add water. Bring everything together and knead into smooth dough. Divide dough into 14-16 parts. Roll into balls.

Lightly dust rolling board with flour. Use rolling pin to roll balls into thin circles about 3 1/2” (8-9 cm) wide. Lightly dust dough with flour during rolling to prevent sticking.

Heat skillet on medium high. Place rolled dough onto skillet. Cook for 18-20 seconds or until dough turns darker and small bubbles break the surface. Flip. Cook for 12-15 seconds. Brush ghee/oil on surface. Flip. Cook, gently pressing paratha with the back of spoon. Cook for 15-18 seconds or until golden brown spots appear on surface. Flip. Repeat. Remove from skillet when both sides are cooked.

Remove from heat. Wrap paratha in a clean dry cloth. Place in a wide airtight container.

Serve hot with a side of hot chutney, pickle or raita.

Substitute 1 1/2 cups (375 mL) chopped fresh fenugreek leaves for frozen greens for even better taste.

Images

