THE J.M. SMUCKER Co

Paratha

This layered bread can go from ordinary to remarkable when paired with your choice of dal or curry. And kids just love it.

Prep Time	Cook Time	Serves	Difficulty
15 mins	20 mins	10	N/A

Ingredients

- 2 1/2 cups (625 mL) **Golden Temple®** Durum Atta Flour Blend + extra for dusting

  Durum Atta Flour

- 3/4 cup (175 mL) water
- 1 tsp (5 mL) salt or to taste
- 1/4 cup (50 mL) Ghee or Vegetable Oil for layering and pan frying

Directions

Slowly combine flour and salt with water in a large mixing bowl. Knead for 8-10 minutes to form soft dough. Cover with damp cloth and set aside 5 minutes.

Place dough on lightly floured work station. Knead dough with both hands for 1-2 minutes. Divide into 10 parts.

Dust rolling board lightly with additional flour if necessary. Use rolling pin to roll balls into circles about 3 1/2” (8-9 cm) wide. Dust dough while rolling to prevent sticking. Brush 1/4 tsp (1 mL) of ghee/oil on surface of rolled dough. Lift one side and fold it over the other to make a semicircle. Brush oil on exposed side again and fold one corner over the other to make a triangle. Dust both sides of the layered dough triangle. Roll into a thin triangle.

Heat skillet on medium high heat. 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 for 15-18 seconds or until golden brown spots appear on the surface, gently pressing the paratha with spatula. Flip. Repeat. Remove from skillet when both sides are cooked.

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

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

Rotate paratha occasionally in slow circular motion to aid even cooking.

Images

