THE J.M. SMUCKER Co

Palak ki Poori

Sneak in some spinach greens and give a healthier, wholesome twist to the much-loved poori.

Prep Time	Cook Time	Serves	Difficulty
5 mins	6 mins	15	N/A

Ingredients

- 1 1/2 cups (375 mL) **Golden Temple®** Durum Atta Flour Blend + extra for dusting

  Durum Atta Flour

- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) caraway seeds
- 1 1/2 tbsp (22 mL) Pure Vegetable Oil + 3 cups (750 mL) for deep frying
- 1/2 cup (125 mL) spinach purée
- 2 tbsp (30 mL) water

Directions

Mix first 3 ingredients in a large mixing bowl. Add 1 1/2 tsp oil, spinach purée and water and continue mixing. Knead for 5 minutes to form smooth dough. Divide into 12-15 parts.

Heat oil in a large wok to 350°F (175°C).

Lightly grease rolling board with oil, just enough to prevent the dough from sticking. Use a lightly greased rolling pin to roll dough into a flat circle about 2” (5 cm) wide.

Drop one poori into hot oil for deep frying. Gently press the poori, with slotted spoon. Poori should puff in 8-10 seconds. Flip and cook other side for 8-10 seconds or until both sides turn golden brown.

Serve hot with choice of raita and pickle.

Images

