**![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\78D1FJKV\MC900048803[1].wmf]()**![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\SL989N4L\MC900038652[1].wmf]()***Spicy Potato Parathas***

*(Serves 2-3)*

***Day 1 Ingredients:***

125 mL whole wheat flour

125 mL all-purpose flour

20 mL margarine or butter

65 mL warm water

***Day 2 Ingredients:***

250 mL mashed potatoes (approximately) **Optional/additional seasonings:**

10 mL margarine or butter 2 mL garam masala

2½ mL cumin seeds 2 mL amchoor (mango) powder

2½ mL ground cumin 2 mL finely minced green chili or

1-2 mL each, salt & black pepper (to taste) a few crushed chili flakes

10-15 mL extra margarine or butter, melted

 (for brushing parathas before frying)

**DAY 1: To make bread dough:**

1. ![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VOJ76HE6\MM900356720[1].gif]()Combine whole wheat and all-purpose flours in a bowl and stir together.
2. Cut in 20 mL of the margarine.
3. Add warm water and mix to form firm dough.
4. Knead on a floured surface for 5 minutes until smooth.
5. Place in a lightly oiled, labelled bag to store for next class.

**DAY 2: To make mashed potatoes:**

1. Fill a large saucepan half full of water and bring to a boil on high.
2. Peel potato(es) and cut in to about 2 cm cubes.
3. Place potato cubes in boiling water and boil 5-10 minutes until tender. Drain & mash.
4. Meanwhile, roast the cumin seeds in a dry frying pan over medium heat until lightly browned and fragrant. Remove from heat and crush seeds (place seeds in a folded paper towel and use a rolling pin to crush seeds).
5. Combine the mashed potatoes, 10 mL margarine and spices in a bowl. Mix well.

**DAY 2: To form the parathas:**

1. Divide the dough into 3 portions. Press each portion into a flat circle. Use a floured surface if dough is sticking.
2. Place one third of the potato mixture onto each round of dough. Gather up the edges and pinch to enclose filling (like a pouch).
3. Roll into a ball and place “seam-side” down. With a rolling pin, roll each portion out to an 8-10 cm circle. Lightly brush each side of parathas with some melted margarine or butter.

In a lightly oiled pan (preferably a non-stick or an electric non-stick frying pan), fry each side of parathas until golden brown.

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