

Stuffed Parathas

Parathas can be served alongside a curry or can be eaten with dips.

400g plain flour, plus extra for dusting

½ teaspoon baking powder

1 teaspoon sugar

1 teaspoon salt

1 egg

220ml milk

For the filling

1 tablespoon vegetable oil

2cm piece root ginger, finely chopped

1 onion, finely chopped

2 garlic cloves, finely chopped

2 green chillies, finely chopped

½ teaspoon ground turmeric

1 teaspoon ground cumin

1 teaspoon ground coriander

1 teaspoon garam masala

4 medium potatoes, boiled and mashed

Salt

2 tablespoons chopped fresh coriander

4-5 tablespoons ghee or vegetable oil

Chutney, natural yoghurt and some salad leaves

For the dough, place the flour, baking powder, sugar, salt, egg and milk in a large bowl and mix to form a dough. Knead for about ten minutes until smooth, then cover with cling film and leave it to rest for 15 minutes.

For the filling, heat the oil in a frying pan, add the ginger, onion, garlic and chopped chilli and fry until soft. Add the turmeric, ground cumin, ground coriander and garam masala. Cook for a further two minutes, then stir in the mashed potato. Add salt to taste and stir in the fresh coriander.

To make the parathas, divide and roll the potato mixture into six balls of equal size and set aside. Divide the dough into six equal-sized balls, flour the kitchen worktop and roll each ball of dough into a disc about 1cm thick. Place a ball of potato filling in the middle of each piece of dough and bring the edges up around the filling so it looks like a giant dim sum dumpling. Twist the top to seal it. Turn the ball-shaped paratha over and, with a bit of flour sprinkled on the top to stop everything sticking together, roll very gently into a flat disc.

Grease a flat-bottomed frying pan with ghee or vegetable oil and heat until very hot. Place the parathas into the pan with the twisted side down and leave for a couple of minutes to cook. Brush a layer of ghee on the top side and then flip over and cook for a further two minutes. Cook until golden on both sides and serve with mango chutney, yoghurt and a little salad.