

SPICED POTATO & ONION PARATHA

We all know that a paratha isn't a pancake but it is, for damn sure, a carby, buttery delight. Simple ingredients, treated well, cooked with love and reminds me of home. Eating these warm are a must - alongside some mango pickle, some natural yoghurt sprinkled with sea salt and some garam masala and suddenly I'm 10 again sitting at my Mums dining room table, yelling for another.

Recipe Serves: 6

W H A T	Y O U D	N O E E D	DOUGH	FILLING	TO MAKE
			260 g Wholemeal Bread Flour*	400 g Maris Piper Potato	200 g Ghee/Unsalted Butter
			260 g Plain Flour*	100 g White onion**	2 Cloves Garlic, grated
			300 to 320 ml Water	2 Green Finger Chilli**	
				Handful Coriander**	TO SERVE
			* sifted	1 tsp Cumin Seeds	Mango Pickle
			** finely chopped	1.5 tsp Garam Masala	Natural Yoghurt
				2 tsp Sea Salt	
				1.5 tsp Fenugreek Leaves	

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- Begin by making the dough by adding both flours to a mixing bowl and slowly adding the water. Bring the flour together using your hands until it forms a rough dough.
 - Knead the dough for 5 to 10 minutes until soft. Pop back into the bowl, cover and leave to rest for 30 minutes.
 - In this time, make the filling by boiling the potatoes (skin on) until soft (approx. 15 to 20 mins).
 - Drain the water, cool the potatoes by submerging into cold and peel the skin off.
 - Add to a mixing bowl and use a potato masher to mash. Leave to completely cool.
 - Once cool, add the remaining filling ingredients, mix well and taste. Adjust seasoning accordingly.
 - Grab a saucepan and add the unsalted butter and garlic. Place over a medium heat and gently melt. Leave on the lowest heat.
 - Divide the dough into 12 equal portions. Roll each into a ball.
 - Lightly flour the worktop and use the heel of your hand to gently flatten into a disc. Roll out the dough into a circle, approx. 2mm thick (thinner, the better).

M E T H O D

- Use a pastry brush to brush over the garlic butter. Roll the rough up inside a cigar, shape into a spiral and flatten with the heel of you hand again to seal. Repeat the rolling and buttering process 2 more times.
- Place the griddle pan over a medium heat and season the pan with some oil.
- Once you have spiralled for the last time, press down with the heel of your hand one more time till the dough is approx. 6cm in width.
- Place 2 to 3 tsps of filling into the centre and carefully encase with the dough, ensuring you have tightly secured the seam to avoid the filling spilling out.
- Use the heel of your hand to gently press out the dough and use a rolling pin to roll out the dough to a circle shape approx. 2 to 3 mm thick.
- Place the paratha onto the hot pan and leave to gently cook.
- Once you see some air bubbles or the sides starting to crisp, carefully flip over and cook on the other side.
- Use the pastry brush to brush over some more butter on top, flip and butter the top side before placing on a serving plate.
- Repeat for all the mix and serve up alongside natural yoghurt and some pickles.