

KAPADIYA KITCHEN

Palak Paratha



160 W VALLEY AVE,
ELYSBURG, PA-17824

Phone: (570) 672-9727

E-Mail: kapadiyakitchen@gmail.com

Introduction

India is a place filled with diversity from North to South and East to West. Every city or village you visit will have differences from language to food dishes. Even though India is modernizing and big franchise chains like McDonalds have arrived, most Indians prefer to eat homemade traditional Indian food with spices. One of the commonly eaten dish is naan with vegetables, but even within this dish there are different variations. In this recipe, I will be talking about how to cook an Indian bread similar to naan, called Palak (Spinach) Paratha. Palak Parathas are a type of Parathas, which are from the Northern part of India and is usually eaten with potato made vegetables. This is a healthier version of a typical Paratha and might have a little bitter taste to it, due to the amount of spinach in it. Following is the summary total time to cook this break. Following that are the equipment, supplies, ingredients, and cooking instructions needed to prepare this specific bread.

Preparation Time	10 mins
Cooking Time	35 mins

- *Rolling the dough might take longer than noted, if inexperienced* •

Equipment and Supplies

Salad mixing bowl**Saucepan****Blender****Tortilla Maker**

****Not required to use.
Might make the last step
easier**

**Non-stick frying
pan****Kitchen 10.2''
Wood Color Flour
Bread Roller
Rolling Pin Stick**

Ingredients

Products	Amount
Spinach	250 grams
Whole Wheat Flour	2 cups
Carom seeds/Omam/Ajwain	1 teaspoon
Salt	1 teaspoon (varies with taste)
Hing	1/4 teaspoon
Oil	2 teaspoon + 3 tablespoon

- *Measurements in the below picture should be used for amounts above* •



Cooking Time:

Spinach Paste:

1. Remove the Spinach from the bag and place it in a salad mixing bowl.
2. Wash the Spinach
3. Add some Tap-Water in a small stainless steel or non-stick saucepan *(without a lid)*.
4. Add the Washed Spinach in the same saucepan.
5. Heat the pan for about 5-7 minutes.
(Carefully handle the hot pan)
6. Allow the spinach to cool down.
7. Put the cooled spinach inside a clean blender.
8. Follow the instructions on the blender to start blending.
9. Turn off the blender once you see a paste form.
10. Remove the paste in a bowl and keep it aside until further instructions.

Dough making process:

1. Take two cups of whole wheat flour and put it in a mixing bowl.
2. Add 1 teaspoon of Carom seeds/Omam/Ajwain to the flour.
3. Add 1/4 teaspoon of Hing to the mix in the same mixing bowl.
4. Mix the ingredients well.
5. Add the spinach paste to the mixing bowl.
6. Mix everything well.
7. Sprinkle water little by little, while mixing it, to make a smooth and soft dough.

(DONOT Add too much water)

(If the dough becomes too soft, then Add some more flour to make an even mix)

8. Add 2 teaspoon of oil and again mix the dough with your hands
9. Cover the dough with a cloth for 5-10 minutes.

Small dough balls making process:

1. Take off the cloth from the dough.
2. Make lemon sized balls out of the dough.
3. Sprinkle some wheat flour on the lemon sized balls
4. Place a wheat flour covered dough ball on a clean and flat counter.
5. Sprinkle some wheat flour around the dough ball, on the counter. (To prevent the dough from sticking on the counter)

• *Picture shows the dough balls before spinkling flour* •



Final rolling and cooking parathas:

1. Roll the dough ball using a rolling pin to make an even round and thin dough.

• *Picture shows the dough while rolling it* •



2. Cook it on the frying pan until small bubbles appear.

(Could use the tortilla maker instead)

3. Place the parathas on a serving plate.