Dinner, Indian

Buckwheat Parathas with Potato and Cumin

Mashed potato binds buckwheat flour into a soft, workable dough, while cumin seeds, green chillies and coriander season these rustic flatbreads. Each paratha is rolled between damp cloths, cooked on a hot tava with ghee and enjoyed golden straight from the pan.



Vegetarian

40 min	94	14.1 g	0.6 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 cup buckwheat (kuttu or kutti no daro) flour
- [ ] 1/4 cup boiled and boiled and mashed potatoes
- [ ] 1/2 tsp finely chopped green chillies
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 3 tsp finely chopped coriander (dhania)
- [ ] 1/2 tsp rock salt (sendha namak)
- [ ] 3 tsp ghee or oil
- [ ] 1/4 cup warm water + 1 1/2 tablespoons

Nutrition Facts

Per serving

Calories	**94**
Total fat	3.1 g
Saturated fat	Not listed
Sodium	3 mg
Total carbs	14.1 g
Fiber	2 g
Total sugars	0.6 g
Protein	2.4 g

Method

- [ ] 1 Tip the buckwheat flour into a mixing bowl and stir in the boiled and mashed potatoes, finely chopped green chillies, cumin seeds, finely chopped coriander and rock salt.
- [ ] 2 Trickle in the warm water, 1/4 cup plus 1 1/2 tablespoons in total, a little at a time until a soft dough comes together.
- [ ] 3 Divide the dough into 6 equal portions and shape each one into a smooth ball.
- [ ] 4 Lay a large muslin cloth over the rolling board and dampen it, keeping enough spare cloth to fold over the top of each ball.
- [ ] 5 Dust the cloth with a little buckwheat flour.
- [ ] 6 Press a dough ball flat and dust it with a little buckwheat flour as well.
- [ ] 7 Fold the spare half of the muslin cloth over the flattened ball.
- [ ] 8 Roll gently into a 100 mm (4 inches) circle, turning the board as you work.
- [ ] 9 Set a non-stick pan or tava on the heat.
- [ ] 10 Lift the rolled paratha on its cloth, turn it upside down onto the hot tava and gently peel the cloth away.
- [ ] 11 Give the first side 45 seconds over a medium heat.
- [ ] 12 Spread a little ghee or oil over the upper surface.
- [ ] 13 Turn the paratha over and give the second side another 45 seconds.
- [ ] 14 Brush the top with ghee.
- [ ] 15 Keep turning and cooking the paratha for a further 1 1/2 minutes, until it is golden brown on both sides.
- [ ] 16 Serve the parathas hot, straight off the tava.

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