

## aloo paratha - the recipe

Aloo (potato) stuffed parathas (paratha comes from words parat and atta meaning layers of cooked dough) are basically unleavened dough stuffed with a spiced mixture of mashed potato, which is rolled out and cooked on a hot tava (a flat frying pan) with ghee or butter. Just like most Indian flat breads, aloo paratha is originally made in a 'tandoor' or clay oven with temperatures approaching 480 °C (900°F). It can also be made at home, either pan-fried or baked in an oven. The home-made version of aloo paratha may not be as soft as the tandoor version, but it also won't be dripping off with ghee or butter, and yet has an equally satisfying taste. Aloo parathas taste best when served immediately.

### Directions

#### How to cook tomato sauce (achar) – step by step

1. Heat the frying pan and add the sunflower oil.
2. Add fenugreek and fry until the seeds turn black.
3. Add chopped ginger and garlic (and chillies for spicy sauce) and fry until golden brown.
4. Add chopped tomatoes.
5. Add all dried spices and salt to taste.
6. Cook for about 15-20 minutes. Add fresh coriander leaves.
7. Mix in a blender when cooled down.
8. To make the mint sauce simply mix some of the tomato sauce with fresh mint leaves in a blender.

#### How to cook aloo paratha – step by step

1. Knead the dough in a bowl with sufficient amount of water for 10-15 minutes and then cover with a cotton towel. Keep it aside for 20-30 minutes.
2. Boil and mash the potatoes. Add all dried spices, salt, freshly crushed garlic and ginger paste, finely chopped onions and fresh coriander leaves to the mash. Add oil to prevent the mash from sticking to your hands.
3. Sprinkle some flour on your kitchen board. Make balls of the kneaded dough.
4. Roll one ball at a time into a thick, flat, small circle.
5. Now lift the circle in your hand, and place potato mash (approximately 1 big tbsp) in the centre.
6. Keep the filling in the centre and fold the edges, ensuring the filling stays inside. Gently press the ball between your palms.
7. Place the ball on the kitchen board with enough flour to prevent from sticking. Gently roll it into 3mm thick flat circle by turning it around, ensuring that the stuffing is spread evenly all through. Keep in mind that the stuffing should not come out.
8. Heat the frying pan to medium temperature. Grease it with ghee or butter, then fry the paratha, by flipping it over, to make it evenly golden brown on both sides.
9. Your paratha is ready to eat. Serve it with tomato sauce, mint sauce and yoghurt.

### Ingredients

Ghee or butter for frying the parathas  
Yoghurt (dahi) to serve

#### Dough

1 kg wheat flour (coarse)  
Water (3-4 small cups)

#### For the mashed potato mix

1 kg potatoes (boiled and mashed)  
2 tsp cumin and coriander powder mix  
1/2 tsp red chilli powder or 1-2 green chilli chopped  
Salt to taste  
2 tsp garlic and ginger paste (freshly crushed with a mortar and pestle)  
2 medium sized red onions (finely chopped) or 5 spring onions  
Fresh coriander leaves  
1 tbsp sunflower oil

#### For the tomato sauce (achar)

3 tbsp sunflower oil  
1/2 tsp fenugreek  
2 tsp garlic and ginger (chopped)  
3 green chillies (or 2 red chillies)  
1/2 kg tomatoes (chopped)  
1/2 tsp turmeric powder  
1 tsp cumin & coriander powder mix  
Salt to taste  
Fresh coriander leaves

#### For the mint sauce (achar)

Fresh mint leaves  
Tomato sauce (achar)