



## Kerala Parotta (Layered Indian Flatbread)

Parotta is so easy once you see it done – so it really helps to watch the video. You – and your diners – will be so impressed with the results and paratha is perfect for mopping up any sauces or curries. Paratha dough can be made and shaped well ahead, but the flatbreads are best eaten as soon as they're cooked, so fry your parotta just before serving.

**Makes 2 pieces**



### INGREDIENTS

- ½ cup plain flour (about 75g/2½oz), plus more for dusting
- Pinch salt flakes, crushed
- Pinch castor sugar
- 1 teaspoon vegetable oil, plus extra for coating and pan-frying (5ml)
- 2½ tablespoons warm water, more or less (50ml)

### METHOD

1. Place flour, salt and sugar in a bowl.
2. Stir in oil and most of the water, adding the remainder or a little extra if needed to form a firm dough.
3. On a lightly oiled work surface, knead dough well, for 4–5 minutes until smooth.
4. Place in the bowl, rub with a little oil, cover with a clean, damp tea towel and set aside for at least 30 minutes (overnight is fine).
5. Knead dough for a few minutes.
6. Divide into 2 portions and roll into balls.
7. Working with one piece at a time and keeping the other under the damp tea towel, coat with a little oil and, on a lightly oiled work surface, roll out as thinly as possible into a rectangle.
8. Rub a little more oil over the rolled dough and sprinkle with a little flour.
9. Holding the two ends of the dough furthest away from you, repeatedly lift the dough up and fold it over a little to form pleats, stretching it slightly.
10. Wind the pleated dough around your finger to create a scroll, tucking the end into the centre to hold it together.
11. Set aside, covered with the damp tea towel and repeat with remaining dough.
12. Place a scroll of dough on the work surface and roll it out to a disc about 18cm (7") wide. Repeat with remaining dough.
13. Heat a well-seasoned cast-iron frying pan or griddle over medium heat.
14. Add a little oil and fry parotta one at a time for about 5–7 minutes, turning every minute or so and brushing with a little oil each time, until speckled brown all over.
15. Place on a clean, dry work bench and tap from both sides with your hands to fluff up the layers. Serve hot.