Mini Methi Poori / Methi Puri Recipe – Indian Breakfast Dish

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Puri / Poori is a deep fried puffed bread, generally made with wheat or maida, salt and water. Additionally, in this recipe, I used fresh fenugreek leaves (methi) from my garden. Here the dough is then kneaded, rolled out into a circle and then deep fried in a hot oil. It tastes great if eaten hot, puffed up with a crispy outside and a moist inside. Though it starts to lose its puffiness and becomes chewy, when cold, poori is still tasty when eaten that way . It is often served for weekend breakfast. Good accompaniment for poori is potato based curries, dal and channa masala.

Ingredients

1/2 Cup of Whole Wheat Flour
1/2 Cup of Maida / All Purpose Flour
1/2 Cup of Methi/ Fresh Fenugreek Leaves, chopped
1/4 Tsp of Ajwain / Omam
1/4 Cup of Milk
2 Tbsp of Oil
2 -3 Tbsp of Water
Salt to taste
3 Cups of Vegetable Oil for Deep Frying

Method

- In a medium size bowl, combine the whole wheat flour, maida, ajwain, chopped methi leaves and salt. Add oil and milk, mix by hand until all ingredients are well combined. Gradually add water, to form a dough that holds together.
- Knead the dough in the bowl until the dough is smooth

about 5 mins. The dough should be moderately stiff.

- Cover the bowl with a kitchen towel and set aside for 15 mins. In a clean counter top, roll the dough into a rope and divide it into 12 – 14 equal portions.
- Roll each portion into a ball. Flatten the balls with a rolling pin and roll into a circles (Small or big) about 1/4 inch thickness.
- Heat the oil in a heavy bottomed pan over medium heat until it reaches 350 degree F.
- Test for readiness by placing a small piece of dough into the hot oil. If the bubbles rises to the surface immediately, it is ready. Place the circles into the hot oil, one piece at a time. The dough will sink to the bottom, but immediately rises up.
- Use light pressure with the back of slotted spoon to submerge the dough until it puffs up. Then, turn it over to brown on second side.
- Once it is done, remove the poori with a slotted spoon and drain on paper towel. Repeat the same procedure with the remaining dough. Serve immediately or keep it warm until ready to serve.

Tips

- If you find your dough is sticky, add a tbsp of flour and knead it again.
- Always cook poori in a medium heat.
- If the oil is too hot, the poori will brown too fast, may remain doughy and uncooked inside.
- You can add grated ginger, red chilly powder for a different twist to the taste.

Health Benefits of Methi or Fenugreek Leaves

- Lowering Diabetes I and II
- High in dietary fiber and Vitamin C
- Lowers serum cholesterol.
- Improves digestion.
- Fenugreek leaves are rich in vitamins, minerals and good source of protein and Iron.

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