Phulka Recipe / How to make soft Phulka on Stovetop (With Video)



I learnt to make soft phulka on stovetop from my sister in law..she makes soft and best phulka. Everyone in my family are a great fan to her phulka. Initially I struggled to make phulka, after

few trials, now I am confidently make phulkas in my own. Coming to the Phulka Recipe, it is an Indian flat bread made from wheat flour, oil, water and salt. Phulka is an hindi word which means to puff. The roti get puffed up when you expose it to direct flame. The main secret behind soft phulka lies on the mixing of the dough and rolling. Here, I added a tsp of flax-seed powder to make phulka more healthier and tasty. If you are in US, you cannot make phulka in electrical coil, in that case, use mesh directly to the coil and make soft phulka. Good accompaniment to soft phulka recipe are dal, aloo gobi, aloo mutter and aloo palak. So try to make soft and puffing phulka on stove top (gas top) and enjoy it for lunch or dinner.

Preparation Time : 30 Mins **Cooking Time :**30 mins **Serves :** 15 Phulkas

Ingredients for Phulka Recipe

- 1.5 Cups of Whole Wheat Flour
- 2 Tsp of Oil and more for coating the dough
- 3/4 Cup of Warm Water
- 1 Tsp of Flax Seed Powder
- Salt as needed
- Ghee as required (To smear on top)
- Wheat flour for dusting.

Method

- In a mixing bowl, add whole wheat flour (I used ashirvaad atta), salt, flaxseed powder, oil and add water little by little, knead well and form a smooth dough. Add few drops of oil to coat the dough, leave it for 15-20 mins. This relaxes gluten and make the dough soft and easier to roll out.
- Keep the flour for dusting and knead the dough again and make balls out of the dough.
- Preheat the tawa in low flame and keep the ghee bowl

ready.

- Using rolling-pin, make them into round rotis, dusting in the flour when needed.
- In the meantime, turn the stove to medium high flame, lay the roti on it. After few seconds, roti changes colour and bubbles appeared, flip it to other side. Cook it for seconds and place the roti on direct flame using tongs. Roti puffed up like balloon. Remove roti using tongs and place it on a plate and immediately apply ghee on one side. Transfer it to casserole (Hot pack)
- Repeat the same process for rest of the dough.
- Serve hot with your choice of curry, dal or gravy. Hope this video helps beginners who want to try soft phulka.

Tips

- Warm water helps to make dough soft.
- Always use minimal flour to dust. Otherwise it makes the roti hard.
- Always roll the rotis thin and evenly
- When you transfer the rotis to direct flame, make sure the flame is high and the side does not turn golden brown should face down under direct flame.
- Some people do add milk or curd while kneading the dough, to make soft phulka.



Jalapeno Cheddar Cornbread

Recipe Without Eggs



I never tasted corn bread before and this is my first time, I tried and tasted this corn bread. It came out so good, moist and delicious. My husband who loves Mexican food and has tasted corn bread before, so after he tasted my corn bread and said that ” this was the best corn bread I have tasted”. I was very happy and I was in cloud nine This easy homemade corn bread recipe is without eggs and butter. To make this corn bread more flavorful and spicy, I added jalapenos and

cheddar cheese to the batter. Jalapenos adds a extra zing to the bread. This dish can be made in a jiffy, it just takes 30 minutes to finish. You can serve this bread for breakfast or lunch or dinner with soups or spicy dishes like vegetarian bean chilli. I will be posting my bean chilli recipe in my next post.

Ingredients

1.5 Cups of Milk
1.5 Tbsp of Distilled White Vinegar or Apple Cider Vinegar
1 Cup of Cornmeal , I used corn flour
1 Cup of All Purpose Flour
3 Tbsp of White Sugar
1/2 Tsp of Salt
1 Tsp of Baking Powder
1 Tsp of Baking Soda
2 Tbsp of Canola Oil
2 Jalapeno’s, Chopped
3 Tbsp of Cheddar Cheese



Method

- Preheat the oven to 425 degree F. Lightly oil a 9 *9 inch baking dish.
- In a small bowl, combine the milk and vinegar, and set aside.
- Mix the corn flour, all purpose flour, sugar, salt, oil, baking powder and baking soda in a large bowl. Finally add the milk and vinegar mixture. Stir well with a whisk.
- Pour the batter evenly in the prepared baking dish.
- Bake until the top is golden brown, 25-30 minutes.
- Hot jalapeno corn bread is ready to serve with bean

chilli

Tips

- You can serve it for breakfast with soups or spicy dish like chilli.
- The recipe calls for cornmeal, but I used corn flour.
- Both are ground corn. Difference is cornflour is usually ground to a fine texture than cornmeal.
- Add frozen corns to the batter, for crunchiness.
- If you don’t get jalapenos in your place, replace it with any chilly.
- If you don’t want jalapeno and cheese, just skip it and make a plain corn bread.
- If you want vegan version, just replace milk with non diary milk such as soy or almond milk.

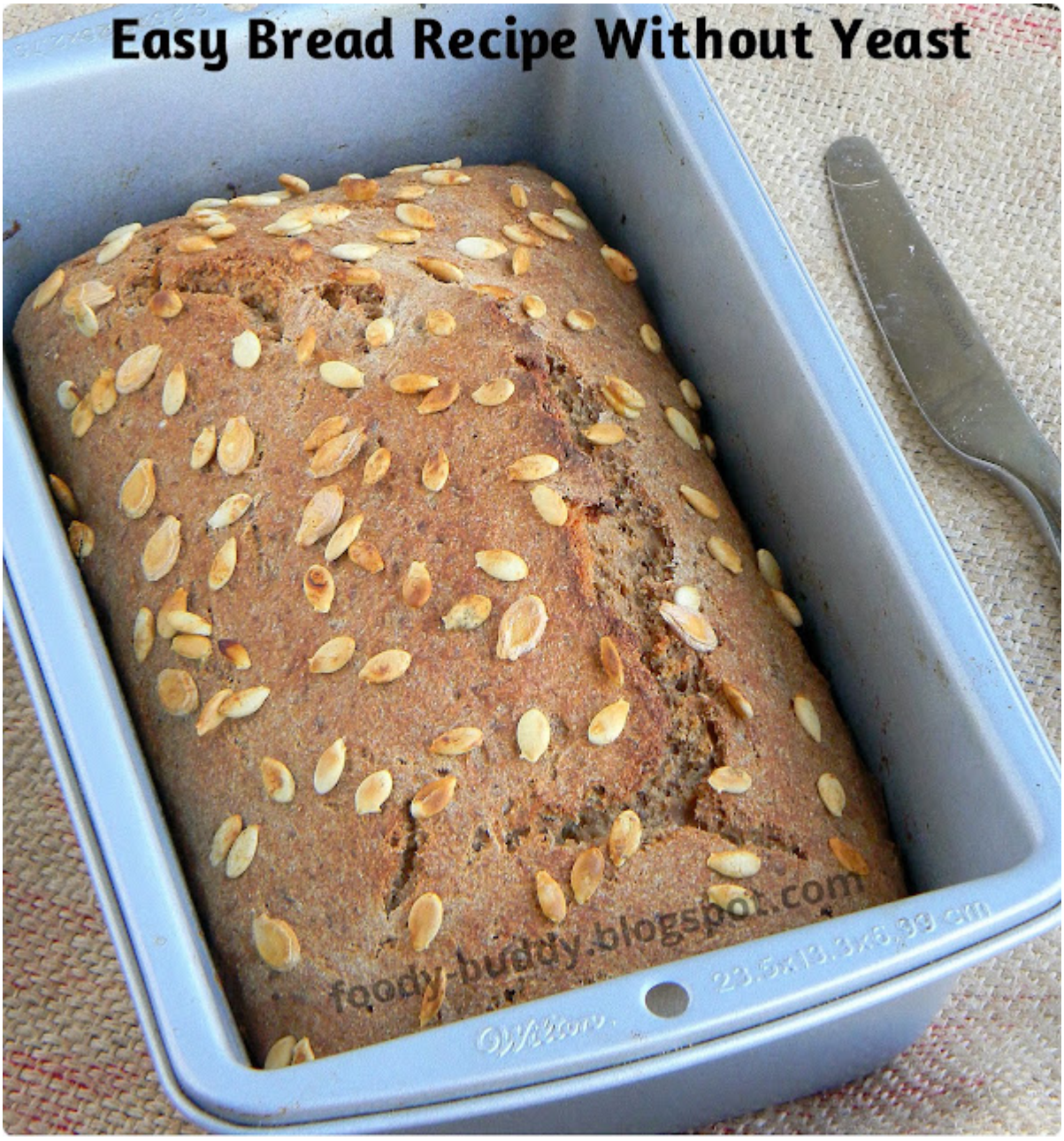
Health Benefits of Corn

- Good source of dietary fiber.
- Fiber in corn helps to reduce blood cholesterol and reduces the risk of cardiovascular disease.
- Rich source of vitamin folate helps in support of cardiovascular problems.
- Controls diabetes and hypertension.
- Prevents anemia.
- Good for eyes and skin.

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Tags : cornbread, cornbread recipe, how to make cornbread, cornbreadrecipe without eggs, jalapeno cheddar cornbread recipe, jalapenocornbread, thanksgivingrecipe, americanrecipe, baking, breadrecipe without eggs and butter.

Easy Bread Recipe Without Yeast / No Yeast Wheat Bread



Baking bread is one of life's simple joy. I got messages from two readers asking for yeast free and allergy free bread recipe. So I was searching for yeast free bread in google, I saw lot of beer bread recipes. Finally I got this recipe from here where club soda is used in place of beer. I really love that non alcoholic version of bread and slightly modified the recipe. In this bread recipe,there is no need for

yeast or dough starters . This is so simple and easy to make yeast free bread. This is like quick to fix, mix all dry and wet ingredients together and pour it into a pan and bake it. If you have yeast allergy, then try this allergy free bread and enjoy with a cup of hot soup or coffee…

Ingredients

3 Cups of Whole Wheat Flour
1.5 Tsp of Baking Powder
1 Tbsp of Sugar
Pinch of Salt
3 Tbsp of Flax Seed Powder / Flax Seeds
2 Tbsp of Sesame Seeds
2 Tbsp of Pumpkin Seeds, for topping
2 Cups of Club Soda / Coke(Room Temperature)

Method

- In a bowl, add all the dry ingredients except club soda and pumpkin seeds. Mix everything well with a fork. Make a well in the center of the dry ingredients.
- Now add club soda to the flour. Measure carefully, trying not to let it froth up. Stir everything well to combine.
- Preheat the oven to 492 degree F.
- Grease the pan with some oil or butter.
- Transfer and fold the dough into greased baking bread pan, sprinkle some pumpkin seeds on top. Bake at 392 degree F (200 degree C) for 45-50 minutes. Check it by inserting tooth prick in the center of bread, if it comes out clean, then your bread is ready.
- Allow the bread to cool down for 10 mins, then carefully take it out from the pan and enjoy the slice of healthy bread with hot soup !!!!

Tips

- You can use mix of whole wheat and white flour (maida)
- It stays good only for 3 days as it has no preservatives.
- To make the bread more flavorful, add some mixed herbs or Italian seasoning or crushed garlic to the flour.
- For topping, you can use any seeds like sunflowers, cucumber seeds, sesame seeds or any chopped nuts.
- If you want to change the bread to alcoholic version, add beer in place of club soda.

Health Benefits of Whole Wheat Bread

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.

Read more at http://foody-buddy.blogspot.com/2013/08/whole-wheat-sandwich-bread-how-to-make.html#G6sCiUsud2LVTg1g.99

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