

Parotta Recipe (Tamilnadu Style) / How to make Parotta at home



Parotta Recipe (Tamilnadu Style) was in my mind for a long time , only now I got a chance to post it. Parotta or porotta or barotta is a griddle fried road side Indian flat layered

bread, popular in Tamilnadu and Kerala. They are made with all purpose flour (maida), sugar, salt, oil and water.

This barotta / parotta is very close to my family and my father is a die-hard fan of parotta. Traveling down the memory lane, when I used to come home from college, I used to remember lot of food stalls in my neighborhood making parotta, the parotta masters meticulously making the dough, swirling and whipping the dough in the air was both entertaining to watch as well as appetising. Later when the sun sets, you could smell the warm toasty notes of fresh parotta hitting the Iron grill. Besides the tantalizing smell, you could also hear the “tick-tick, clack-clack” sounds of masters making “**kothu parotta**”. The smell of salna, green chillies, parotta all being cooked in a cast iron grill salivates me even now ☐ ☐ and sure was a feast to both eyes and ears.

In places like **Madurai, Dindugul** in southern India to call parotta consumption as a way of life will not be an exaggeration. One simply cannot imagine, a night out /night life in these parts of the world without enjoying a plate of steamy, hot **parotta with chalna / [kurma](#) & [raita](#) served in a plaintain leaf**. These places usually are surrounded with parotta stalls and they serve food to hungry souls round the clock and the city never sleeps .

Though this dish was very tasty to be had as a finger food, the large amount of oil used, made it little unhealthy. But the recipe for eggless parotta given below has tried to do justice to the taste of traditional parotta using less oil, and therefore a healthy recipe. Instead of maida (All purpose flour), you can use whole wheat flour. Properly made parottas are served with nice hot kurma or salna with eggs and raita is a dish to die for. Hope you guys try this and enjoy life ☐ ☐ .



Road side Parotta stall in
Madurai

How to make Vegetarian parotta recipe at home

Here is my short video on how to make parotta at home. Hope this helps you ☐

Tamilnadu Parotta



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5.0 from 1 reviews

Parotta Recipe / How to make Parotta at home



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Prep time

1 hour 30 mins

Cook time

30 mins

Total time

2 hours

Parotta Recipe (Vegetarian and Eggfree) is a popular street food in Tamilnadu. Making parotta at home is very simple and it tastes yummy with salna and raitha.

Author: Gayathri Ramanan

Recipe type: Dinner

Cuisine: Indian

Serves: 6 parottas

Ingredients

- 1.5 Cups of Maida (All purpose Flour)
- 2 Tbsp of Vegetable Oil
- $\frac{1}{2}$ Tsp of Sugar
- 1 Tsp of Salt
- $\frac{1}{2}$ Cup + 2 Tbsp of Cold Water
- $\frac{1}{4}$ Cup of Extra Oil

Instructions

1. In a bowl, add maida (All purpose flour), salt, sugar and oil. Mix well with hand. Add water slowly, mix well. The dough will be sticky. Place the dough on the working surface, knead it for 10 mins. Roll it into a smooth

ball and cover it with a wet cloth and leave it for 30 mins.

2. Knead it again for 5 mins and roll it again into a smooth ball and let it rest for another 30 mins.
3. Divide the dough into equally sized balls.
4. Roll the dough to a round shaped balls.
5. Allow it to rest for 5 mins.
6. Flatten the balls as thin using the rolling pin or using your palms and fingers to stretch out into a thin sheet. You have to make it super thin as much you can. The shape is not important.
7. Apply a tsp of oil and flour, spread throughout the dough.
8. Slowly lift the dough from one end and fold like saree pleats to the another end.
9. Now rotate the dough slowly and make a spiral dough, tuck the end under the spiral.
10. Apply oil and rest it for 5 mins.
11. On the greased work surface, flatten the spiral dough to form a circle and roll it into a thick parotta using rolling pin or using your finger. Smear oil as you roll out. Now you can see the layers in the dough.
12. Heat a cast iron pan, add oil and smear it with a wooden stick. Carefully place the parotta, add oil on both sides and cook until it turns golden brown colour on both sides.
13. Once parotta are cooked, place 2-3 parotta on a working surface and beat the parotta on all sides with two hands. Now you can see different layers of parotta. It helps to open the layers of parotta.
14. Prepare the rest of the parotta in the same way.
15. Hot, delicious parotta is ready to serve with vegetable salna or kurma and raita.

Notes

You can use whole wheat flour instead of maida.

Crushing the parotta in the end is important.

More time the dough rest, the softer the parotta.

Kneading the dough is very essential, so knead it for minimum 10 mins in every step.

Adding sugar to the dough, gives a nice golden color to the parotta.

Using oil and flour to the rolled dough, gives flaky parotta.



Tags: [parotta](#), [porotta](#), [barotta](#), [parotta recipe](#), [tamilnadu style parotta recipe](#), [how to make parotta at home](#), [prepare parotta Recipe](#), [easy parotta recipe](#), [vegetarian parotta recipe](#), [eggless parotta](#), [vegan parotta recipe](#), [madurai style parotta recipe](#), [wholewheat parotta](#), [south Indian parotta](#), [south Indian paratha](#), [hotel style parotta](#), [parotta with salna](#)

Stir-Fried Vegetables / Vegetarian Stir Fry



This is a hearty, colourful and flavorful vegetable stir-fried vegetables. Every week I make this vegetarian stir fry for lunch or dinner. They are easy to make with fresh veggies, healthy and takes less time to cook. I like stir fry because of its simplicity and balance of flavors. I made this stir fry

with vegetable on hand. You can use any vegetables of your choice like snow peas, bok choy, baby corn and chestnuts. Here I used super firm tofu, shallow fried and added to this dish. If you get deep fried tofu in your nearby store add that instead. For vegetarian and vegan, they are the best source of protein. Served over a bed of rice. Try this easy vegetable stir fry to make quick lunch or dinner on the table with minimal clean up..Even beginner can do this stir fry vegetables easily.

Ingredients for Stir Fried Vegetables

- 8 Oz Super Firm Tofu
 - 1 Big Broccoli
- 1 Green Bell Pepper, Diced
 - 3 Mushroom, Diced
 - Handful of Spinach
- 2 Garlic Cloves, Crushed
- 1/2 Yellow Onion, Chopped
- 1/2 Tsp of Red Chilli Flakes
 - Pinch of Sugar
- Salt and Pepper to taste
- Green Onion, Chopped

Sauce

- 1 Tsp of Dark Soy Sauce
- 1 Tsp of Vegetarian Oyster Sauce
 - 2 Tsp of Light Soy Sauce
- 2 Tsp of Corn Starch or Rice Flour

To Marinate

- 1/2 Tsp of Garlic Powder
- 2-3 Tsp of Soy Sauce
- Salt and Pepper to taste

To Shallow Fry

- 2 Tbsp of Vegetable Oil

Method for Stir Fried Vegetables

- Cut the tofu into small cubes. In a bowl, add tofu, garlic powder, soy sauce, salt and pepper. Mix well and marinate it for 30 mins.
- Heat a pan with oil and shallow fry the tofu till it turns golden brown on both sides. Remove from pan and keep it aside.
- In a bowl, make a sauce by adding ingredients listed under " to sauce". Mix well.
- Heat a pan with oil, when it is hot, add red chilli flakes, garlic and onion, fry it for 2 mins, add broccoli, mushroom, bell pepper, sugar, salt and pepper, fry it for 2 mins, cover and cook for another 3 mins, then add spinach and tofu, fry it for another 2 mins.
 - Add sauce, cook for another 3 mins and turn off the flame.
 - Serve the stir fried vegetables with rice.

Tips

- Add any vegetables of your choice like chestnuts, napa cabbage, bok choy, bamboo and baby corn.
- Adjust the amount of soy sauce, salt and pepper according to your taste.

Stir Fried Vegetables with Rice



Tags: [stir fried vegetables](#), [stir fried vegetables with rice](#), [vegetarian stir fry](#), [chinese vegetarian recipe](#), [one pot meal](#).

How To Make Aloo Paratha / Potato Stuffed Indian Bread



Aloo Ajwain Paratha

Potato stuffed Indian flat bread also called aloo paratha in Hindi (amalgamation of two words, parat and atta which means

layers of cooked dough) is a very popular breakfast dish in India. This flat Indian bread are made with whole wheat flour, stuffed with boiled potatoes, carom seeds, spices and ghee (clarified butter), cooked on a hot skillet with oil or butter and served with butter, yogurt and pickle. This is my classic family favorite paratha recipe. Every week I make variety of stuffed paratha, the stuffing may vary like spinach, cauliflower and peas. But I love aloo (potato) paratha, they are rich and delicious also I have added ajwain (carom seeds) to it, which makes the paratha more flavorful and aids in good digestion. Apart from that, I added some black salt, sugar and lemon juice, so you can taste all kinds of flavor on every single bite of paratha. Try this easy aloo paratha and let me know how it turned out. You can also serve aloo ajwain paratha with [dal makhani](#) or [dal tadka](#) .

Check out food wine conference and the Idaho potato commision

I'm entering this recipe for Idaho Potato Commission's recipe contest as part of the Food and Wine Conference this summer in Orlando, FL. This conference will take place from July 17 through July 19, 2015. You can also enter to win this recipe contest. Contest deadline is June 20, 2015.

How to make aloo paratha

Ingredients

For the Dough

- 1.5 Cups of Whole Wheat Flour
 - 2 Tsp of Vegetable Oil
 - 1/2 Tsp of Salt
- 3/4 Cup + 2 Tbsp of Warm Water

For the Stuffing

- 2 Yellow Idaho Potatoes
- 1/8 Tsp of Carom Seeds (Ajwain / Omam)
 - 1/2 Tsp of Ginger Paste
 - 1/2 Tsp of Red Chilly Powder
 - 1/2 Tsp of Coriander Powder
 - 1/2 Tsp of Garam Masala
- Pinch of Black Salt (optional)
 - 1 Tsp of Lemon Juice
 - Pinch of Sugar
- 1 Tsp of Ghee (Clarified Butter)
 - Salt as needed

Method

Making of Potato Stuffing

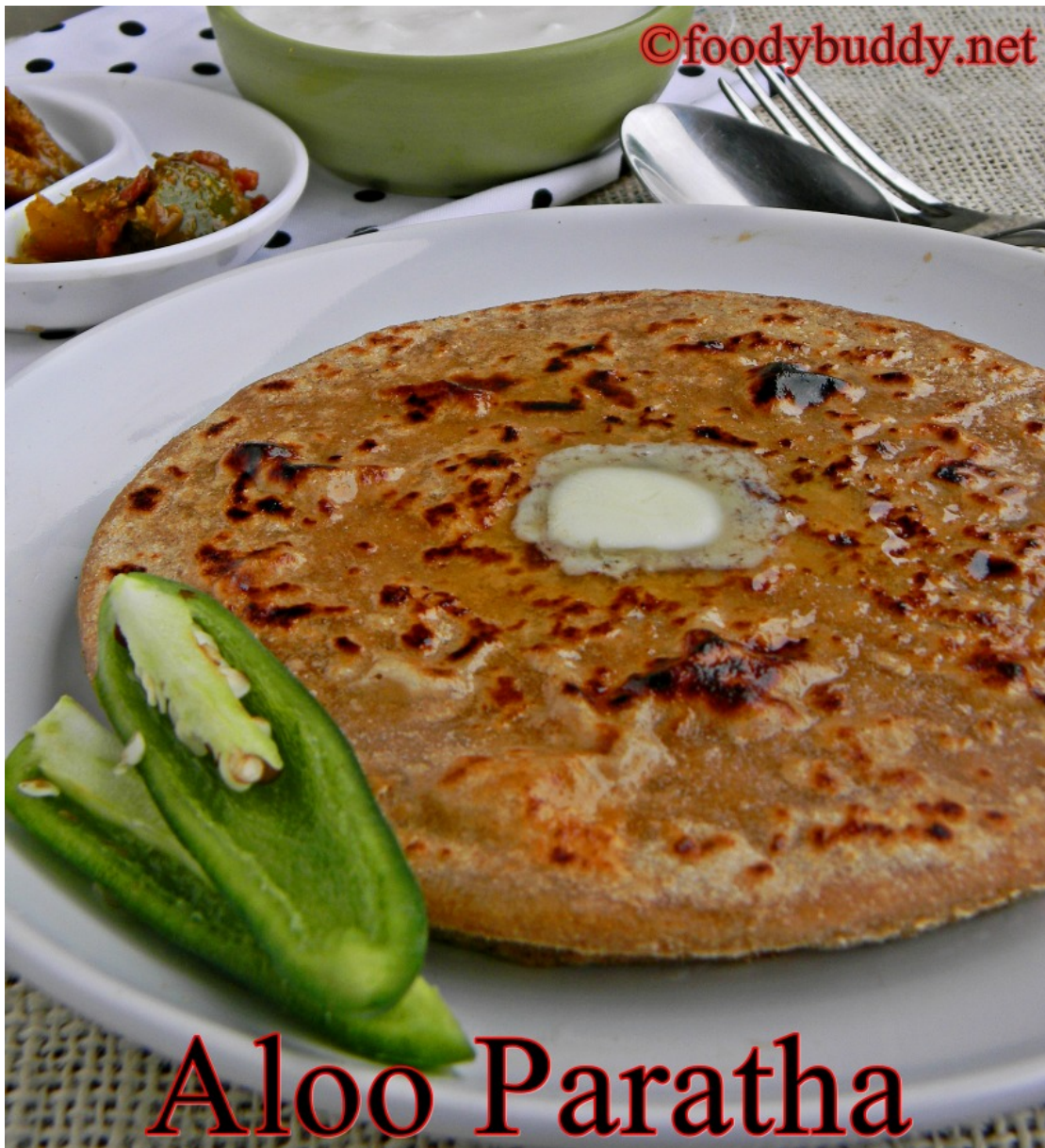
- Wash and prick the potatoes here and there with fork. Microwave it for 5 mins for each potato.
- Peel the skin. In a bowl, mash the potatoes well with masher or back of the spoon. Add carom seeds, ginger paste, coriander powder, red chilly powder, garam masala, black salt, lemon juice, sugar, ghee and salt. Mix well with a spoon. Check the salt, if needed add it accordingly. Make equally sized balls out of the mixture and keep it aside.

Making of paratha

- In a mixing bowl, add wheat flour, oil, salt, mix well with a fork.
- Meanwhile boil the water in a kettle, when it is luke warm in temperature, pour them to the flour. Mix well with a fork. Leave the dough to rest for 20 mins.
- Starting kneading the dough with hand till soft and smooth. Divide the dough into equal sized balls.
- Heat a tawa or griddle. Dust the counter top with some flour, take wheat ball and roll it into circle, in the same way roll another circle not too thick too thin. Now place the stuffing in the centre of one circle, place the second circle on top of the first one. Seal the edges.
- Dust it with flour and start rolling gently. Now you get thick circular paratha of 6" in diameter.
- Carefully place the paratha in hot griddle. Now cook the paratha in medium heat. When bubbles starts appearing, apply oil and flip it to the other side and cook this till you get golden brown spots.
- Serve it with butter, onion raita or plain yogurt and pickle.

Tips

- Another way to roll out the paratha, is to add stuffing in the center, gather the edges, pinch it to the center and then seal it, start rolling like thick circular paratha. Otherwise still feel difficult to make paratha, add the stuffing, directly to the flour and then knead it with oil, salt and water and then start rolling like chapathi.
- Adding carom seeds / ajwain is for easy digestion.
 - Adding ghee enhances the taste of paratha.
 - Always cook the paratha in a medium flame.



Aloo Paratha

Tags: [Aloo paratha](#), [aloo paratha receipe](#), [aloo ka paratha](#), [how to make aloo paratha](#), [how to prepare aloo paratha](#), [how to cook aloo paratha](#), [aloo methi paratha](#), [making aloo paratha](#), [aloo recipe](#), [paratha recipe](#), [breakfast recipe](#).