

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.

Phulka Recipe



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[Matar paneer Recipe | Mutter](#)

Paneer | Paneer Peas Curry

Matar Paneer / Paneer Peas Curry is a delicious and yummy curry of peas and a soft chunky pieces of paneer (cottage cheese) cooked in a onion tomato sauce, flavoured with aromatic spices. This paneer peas masala goes well with chapathi, naan, phulka or pulao. Try this delectable, creamy matar paneer to chapathi as it bring North Indian flavour right to your home.



Ingredients

- 1 Packet (200 gms) Paneer (Indian Cottage Cheese)
- 1 Cup of Green Peas, Boiled
- 2 Tsp of Coriander Powder
- 1 Tsp of Kashmiri Red Chilly Powder
- 1/2 Tsp of Garam Masala
- 1 Tsp of Kasuri Methi (Dried Fenugreek Leaves)
- 1/2 Cup of Milk (Full Fat)

- 2 Tbsp of Butter
- 3/4 Tsp of Cumin
- 3 Tbsp of Oil
- Salt To Taste

To Grind

- 4 Medium Size Tomatoes
- 1 Large Onion
- 1 Clove
- 1 Cardamom
- 1 Cinnamon
- 5 Garlic Cloves
- 1/2 Inch Ginger
- 5 Cashews



Method

- Toast the both sides of paneer by placing them in a oil coated dosa pan (Tawa) and keep it aside.
- Boil the peas in microwave or pressure cooker for 10 mins. Keep it aside.
- Heat oil in a pan, add clove, cardamom, cinnamon, onion, fry for 2 mins, add ginger, garlic, saute this for another 2 mins until raw smell vanishes, finally add tomatoes and cashews, saute this for 2 mins. Turn off

the heat. Let it cool down and grind this in mixie into a smooth paste.

- Heat a pan with oil, add cumin (Jeera), after it sizzles, add ground paste and salt, fry this for 3-5 mins until oil separates.
- Now add coriander powder, kashmiri red chilly powder and garam masala, fry this for 2 mins. Add 1/2 cup of water and allow this to boil for 5 mins.
- Add boiled peas and kasuri methi, mix well with masala. Add milk and toasted paneer, cook it for 5 mins. Turn off the flame. Finally add butter and mix well.

Yummy, thick and creamy Mutter Paneer is ready to serve with roti or chapathi or naan.

Tips

- You can add fresh panner or toasted paneer or deep fried paneer to this recipe.
- Use normal red chilly powder or green chilly instead of Kashmiri chilly powder..
- You can also make this dish without onion and garlic.
- To make this dish more creamy, add 1/2 cup cream instead of milk.

Health Benefits of Peas and Paneer

- Paneer : good source of calcium, protein and it prevents stomach disorders.
- Peas : good for bones & heart, prevents constipation, strengthen the immune system



Puran Poli | Paruppu Poli Recipe



Puran poli / paruppu poli recipe / Kadalai Paruppu Poli / obbatu is a traditional sweet (dessert) prepared during auspicious occasions and important festivals like diwali, vinayagar chaturthi, ugadi and holi. This is a first time I prepared paruppu poli recipe in my life and I made this puran poli for diwali celebration conducted in nearby library in US. Everyone tasted my puran poli and said it was awesome and tasty.

Coming to the recipe, the stuffing is called puran and the outer cover is called poli. The filling is prepared with chickpea lentils, toor dal, jaggery and coconut. The outer cover is prepared with maida, oil, turmeric powder, salt and water. Here comes the puran poli recipe with step by step

pics...Try this paruppu poli recipe and enjoy :-):-)



For Outer Dough

Ingredients for puran poli recipe

- 1 and 1/4 Cup of All Purpose Flour(Flour)
- 1/2 Tsp of Turmeric Powder
- 6 Tbsp of Cooking Oil
- Salt to taste
- Water as needed

Method for puran poli

- Take a mixing bowl, add flour, turmeric powder, salt and oil, mix well with hand. Add water little by little, mix it and knead it to a soft and smooth dough. Pour some oil over the dough until the dough is completely soaked in oil. Cover the bowl with a plastic wrap and let the dough rest it for 4 hrs.



For Inner Dough

Ingredients for paruppu poli recipe

- 1/2 Cup of Toor Dal
- 1/2 Cup of Bengal Gram (Chana Dal)
- Pinch of Turmeric Powder
- 1 and 1/2 Cup of Jaggery
- 3 Tbsp of Grated Fresh Coconut
- 3 Whole Cardamom
- Pinch of Salt
- 1 Tbsp of Ghee (Clarified Butter)

Other Ingredient (To make Poli)

3 Tbsp of Oil or Ghee

Method

- Soak both the dal in water for 30 mins, wash it in a tap water and drain it. Keep it aside.
- In a pressure cooker add both the dal, turmeric powder and enough water about (2.5 cups) close the lid and pressure cook for 2 whistles. Open the lid, drain the

water using colander. In a mixie(blender), add both the dal, grind it for few mins, add jaggery, cardamom and grind it to a smooth mixture. [Note : If your mixture has extra moisture like mine, just fry it in a pan until it becomes thick.]



- Heat a pan with ghee, add grated coconut, fry it for a min, keep it aside. To the same pan, add the ground dal mixture, keep stirring in a medium flame, until the moisture goes off and mixture thickens. Add the roasted coconut, fry well for few minutes. Once it done, turn off the flame.
- Filling is ready. Let it cool down completely.



To Make Puran Poli

- Make lemon sized balls out of the outer dough(maida)
- Make small sized balls out of the inner dough (Dal-jaggery mixture)
- Take a ziplock bag or flat wooden base, grease it well

with oil, place the maida ball, slowly apply pressure with your fingers over the dough or roll it with a rolling pin and make it like a small chapathi (patty). Now place the inner dough ball(pooranam) in the middle of the patty, slowly bring all the outer edges together in the center and seal it, to prevent the leakage of pooranam . Now again slowly apply pressure with your fingers or roll it with rolling pin and make it like a circular thick patty. Repeat the same procedure for the rest of the dough.

- Heat a tawa (griddle), in a medium heat, apply some oil or ghee, carefully place the poli, You will see tiny bubbles rises on the surface of poli. Now it's time to flip the poli with a spatula. Once first flip is done, apply oil or ghee on the upper surface and spread it. Cook until you get brown spots on both sides.



- Yummy hot puran poli is ready to serve. Serve with a dollop of butter or ghee.

Tips

- It stays good for 2-3 days.
- You can use chiroti rawa in place of maida or you can use whole wheat flour or mix of maida and chiroti rava to make outer dough of poli.
- You can use toor dal or chana dal or mix of both the dal to make this poli.
- Do not comprise with the amount of oil and ghee. Otherwise it won't taste good.
- You can cook the dal either in pressure cooker or in a heavy bottomed pan.

- You can make poli either thick as mine or thin as chapathi.



Health Benefits of Lentil, Jaggery and Spices

- Jaggery acts as a digestive agent, used to cleanse the body and provide a good amount of minerals.
- Cardamom improves digestion and prevents cancer.
- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol.
- Toor dal is useful in the treatment of internal organ swelling.

- Toor dal contains folic acid, good for women health.

Tags : [poli recipe](#), [poli](#), [puran poli recipe](#), [paruppu poli](#), [kadalai paruppu poli](#), [how to make poli](#), [obbatu recipe](#), [paruppu poli recipe](#), [indian festival sweets](#), [festival recipe](#), [diwalisweets](#), [indian sweets](#)