

ROOMALI ROTI RECIPE / QUICK RUMALI ROTI



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Roomali roti or rumali roti is a thin flat bread popular in south Asia. The term “Rumali” means “Hand Kerchief” the name suggests that the roti has to be rolled out as thin as possible. It is made with whole wheat flour and maida (All purpose flour). This roomali roti is soft, yummy in taste and a nice alternative to regular chapathi. It goes well with [dal makhani](#) or any side dish of your choice. I had it with kala chana masala. I will be posting the recipe for kala chana in my next post.

Recipe Source : Chef Sanjay Thumma

Ingredients

- 1 Cup of Wheat Flour
- 1 Cup of Maida / All Purpose Flour
- 2 Tbsp of Oil
- 1/2 Cup and 2 Tbsp of Water or as needed
- Salt to taste

Make a paste of ghee and maida

- 1 Tbsp of Ghee/Oil
- 1 Tbsp of Maida/All Purpose Flour

Yield : 10 Roti's

Method

- In a bowl, mix both the flours, oil, salt and water to make a soft dough. Keep aside for 15-20 mins.
- Make a equally sized balls out of the dough.



- Using rolling pin, roll out 1 ball about 5-6" in diameter as thin as possible. Add a tsp of ghee(oil)-maida paste to the center of roti and spread it evenly.
- Roll the second roti to the same size of first roti. After that, place the second roti over the first roti. Roll out both the roti together to a very thin roti. Repeat the procedure to the rest of the dough.



- Heat a pan, pan should be super hot, carefully place the roti to the hot pan, cook both the sides quickly.
- Remove from heat and immediately separate two rotis and fold it to triangle shape and keep it in casserole.



- Serve it with [dal makhani](#) or chana masala or any side dish of your choice.



Tips

- Roll the roti as thin as possible.
- Your dough should be soft, otherwise it makes the roti hard.
- You can make roomali roti in 2 different ways. First method is what I made in this recipe. In second method, invert the shallow pan and heat it, when it is extremely hot, spray some salt water over it and carefully place the thin roti, cook both the sides, do not keep it for a long time, fold into triangle and keep it in casserole. I tried this method last month and here is the pic .



Health Benefits of Whole Wheat

- 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.



[Butter Garlic Cilantro Naan / Naan recipe Without Yeast](#)



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Naan is a most popular Indian bread and it is loved by everyone across the globe. Originally, nan was a general term for various flatbreads from different parts of the world. The name originates from (new) Persian, itself from Sanskrit nayan; being a generic word for bread. Naan can be made in different flavors like plain, garlic, cheese, cilantro, whatever you can think of. Once you know the making of basic naan, you can try out all the possibilities out there. In this recipe, I prepared naan without yeast and used stove top method. I really love the soft texture, taste and shape of the naan. Adapted this recipe from [here](#). Naan goes well with any spicy curries like [aloo gobi](#), [aloo palak](#), [navratan korma](#), [paneer tikka masala](#) or [aloo mutter](#). I had it with [dal makhani](#).

Ingredients

2 cups of All Purpose Flour / Maida
1/2 cup of Yogurt / Curd
1/2 cup of Warm Milk
1 tsp of Sugar
1/2 tsp of Salt
3/4 tsp of Baking Powder
1/2 Tsp of Baking Soda
3 Tbsp of Chopped Garlic
3 Tbsp of Chopped Cilantro
1 Tbsp of Canola / Vegetable Oil

Yield : 9 Naans

Method

- Sieve the flour, baking powder, baking soda and salt. Place the sieved flour on a wide bowl. Make a well in the center of the flour and pour sugar, milk, oil and yogurt, combine everything to form a soft dough. Cover the bowl with a damp cloth and let it rest for 6 hrs or you can also leave it for overnight.
- After the resting time, knead the dough gently for 5 mins. Dust the counter top (working surface) with some, all purpose flour(maida), take a large lemon sized dough and roll into a thick roti, slightly elongated in shape or tear shape. Wet your fingers with water and run your fingers along one side of the roti.
- Heat a cast iron tawa (pan), once it's hot, place the naan, wet side down , sprinkle some cilantro and chopped garlic on the top, press it with your finger / spoon. Immediately place a lid and cook it for 1 min on a high flame. Remove the lid and you can find that the naan

bubbles up on the surface of naan. If it has turned brown , just flip it. Now cook the other side of the naan on the same tawa by closing the lid, otherwise place it over direct heat of the burner, (bubble side facing the fire) and using tongs, spreading the naan all over the heat so that brown spots appears. "Do this for a few secs and not too close to the flame".

- Remove the naan from the heat, drizzle some butter over the naan and serve hot with any curry of your choice like [aloo gobi](#), [aloo palak](#), [navratan korma](#), [paneer tikka masala](#) or [aloo mutter](#) . I had it with dal makhani. I will be posting the recipe soon .



Butter Garlic Naan

Tips

- You can cook naan either on stove top method or in oven at 400 degree F for 2 mins on one side and another 2 mins on other side or in broil method.
- You may also use yeast instead of baking soda and powder.
- If you are planning to make naan for any special occasion, start making dough, one day before you make naan.
- If you have remaining naan dough, refrigerate it for 1-2 days.



Garlic Naan

**Baingan Bharta/ Bhaingan Ka
Bharta / Eggplant Curry/
Mashed Eggplant/ Roasted
Eggplant Curry/ Brinjal
Curry- Step by step procedure**



Baingan Bharta is one of the North Indian recipe. Baingan means Eggplant, Bharta means anything that is mashed. Eggplant is grilled over direct fire or charcoal and the dish is infused with smoky flavor. You can also do them in outdoor grill or in oven. Broiling gives a good smoky flavor.

Serve this dish with [chapathi](#) or [Paratha](#).

Ingredients

1 Long Eggplant
1/4 Cup + 2 Tbsp of Chopped Onion
1 Green Chilly
2 Tbsp of Tomato Puree
1/2 Tsp of Turmeric Powder
1/2 Tsp of Red Chilly Powder
1 Tsp of Ginger Onion Garlic Paste
1/2 Tsp of Cumin Seeds
1/2 Tsp of Cumin Powder
Salt to taste
2- 3 Tsp of Oil/ ghee
2 Tbsp of Chopped Cilantro/ Coriander Leaves

Method

Roasting the Eggplant



Grease the eggplant with little oil, make slits all over the surface. You can do roasting in 2 ways

In Stove : One is by placing the eggplant straight on the burner, allowing the skin to get charred and blackened on all sides. Inside will be soft and mushy.

In Oven : Place it in oven in broil mode – high for 10

-12 mins, until eggplant skin turns charred and imparts smoky flavor. Once it done, remove it from the oven. Discard the skin and now scrap the inner flesh from each half, scraping right down to the charred skin and mash it and keep this aside. By seeing below pics, you can understand " how to remove inner flush from eggplant".



Cooking the Bharta

- Heat a pan with oil/ ghee, when it is hot , add cumin seeds, after they sizzle, add chopped onion, chopped green chilly and salt, saute it for 2 mins until onion are soft and translucent.
- Add turmeric powder, red chilly powder and cumin powder,

saute this for a min.

- **Add ginger onion garlic paste to it, fry this for another 1 min.**
- **Add tomato puree, cook until oil seperates from masala.**



- **Add mashed brinjal / eggplant to the masala, cook until eggplant are well combined with the masala. Once it done. Switch off the flame.**



- Finally garnish it with cilantro / coriander.
- Serve with naan / [paratha](#) / [chapathi](#).



Tips

- Serve with [Indian flatbread](#)/ naan / [chapathi](#)
- You can add garam masala, if you want. I didn't add because it masks the smoky flavor of the eggplant.
- You can also do the same recipe without onion and garlic, instead add ginger.
- Adding butter/ ghee gives a nice flavor to this dish.



Health Benefits of Eggplant

- Eggplants provide 2 g of fiber per cup. Fiber helps with digestion and colon health.
- Eggplants also are high in a chlorogenic acid, a powerful antioxidant offering antimicrobial and antiviral activities along with the ability to help lower bad cholesterol levels.

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Eggplant Curry