

# 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](#)

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# Barley Adai Recipe / Barley Indian Recipe



Barley is a wonderfully versatile grain with a nutty flavor

and chewy consistency. Barley are very good for health, they are high in fiber and selenium, also it lowers cholesterol, blood pressure, blood sugar and prevents cancer. Barley Adai Recipe is a popular south Indian crepe made with barely, rice and lentils. You can see my traditional recipe for [Adai made with drumstick leaves](#). I followed the same adai recipe and included barley to it. This barley adai tastes delicious and a healthy breakfast dish and it does not need any fermentation. Adai goes well with chutney or podi. Barley adai recipe is good for people with diabetes and those who want to reduce weight. Barley are very cheap and nutritious so try to include in your diet.

# How to make Barley Adai Recipe

Barley Adai



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Prep time

4 hours

Cook time

30 mins

Total time  
4 hours 30 mins

Barley Adai is a south Indian savory crepe and a healthy breakfast dish with a goodness of barley, rice and lentils. Served with chutney or podi.

Author: Gayathri Ramanan

Recipe type: Breakfast

Cuisine: South Indian

Serves: 7

### Ingredients

- 1 Cup of Barley Pearls
- $\frac{1}{2}$  Cup of Rice
- $\frac{1}{2}$  Cup of Toor Dal
- $\frac{1}{2}$  Cup of Chana Dal (Bengal Gram)
- 7 Red Chillies
- 4 Garlic or 1 Inch Ginger
- Salt and water as needed
- Other Ingredients
- 1 Tsp of Cumin
- 1 Red Onion, Finely Chopped
- Handful of Curry Leaves, Finely Chopped
- Handful of Coriander Leaves, Finely Chopped
- Pinch of Hing (Asafoetida)
- 3 Tbsp of Coconut

### Instructions

1. Soak the dals, rice, barley and red chillies in a water for 4 hrs or overnight.
2. Nextday, wash it twice in water and in a mixie, add dals, rice, barley, red chillies, garlic, salt and water. Grind it coarsely . Transfer this mixture to a bowl. Just before making adai, add everything listed under "other ingredients". Mix well and check for salt.
3. Heat a tawa, spread little oil, pour ladle full of batter, spread it like thick dosa, drizzle some oil on sides, cook it until you get golden brown color, flip it

to other side and cook for another 2 mins in low flame .  
4. Crispy, flavourful adai is ready to serve with coconut chutney or avial or podi.

#### Notes

Always use small onion for great taste. Here shallots are little expensive so I used Large onion.

Replace barley pearls with barley flour.

To make more healthy, add grated vegetables like carrot, radish.

Cook on low flame to get crispy also it takes more time to cook than normal dosa.

Adjust the no of red chillies according to your taste.

# Barley Adai



Tags: [barley adai](#), [barley adai recipe](#), [adai recipe](#), [barley recipe](#), [barley indian recipe](#), [healthy breakfast recipe](#), [breakfast ideas](#), [south Indian vegetarian breakfast recipe](#), [recipe with barley](#).

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# Bittergourd 65 Recipe / Pavakkai 65 / Karela 65



Bittergourd 65 Recipe / Pavakkai 65 / Karela 65 is an easy, deep-fried snack made with bittergourd. I guess, everyone love [Gobi Manchurian](#) and [mushroom 65](#). But I wanted to try something different so I tried with bittergourd. Wow, it was so good in taste. If you are bittergourd lover like me, you will absolutely love this pavakkai 65 for sure. In this recipe, bittergourds are marinated in a batter, then deep-fried in

oil. You can serve this as a starter or as side dish or as a tea time snack. I had it with [sambar rice](#) and [curd rice](#) as side dish. Try this karela 65 and let me know your feedback.

## How to make Bittergourd 65 Recipe



**Bitter gourd 65 / Pavakkai 65 Recipe**

Bittergourd 65 Recipe / Pavakkai 65 / Karela 65



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Prep time

20 mins

Cook time

15 mins

Total time

35 mins

Bittergourd 65 Recipe / Pavakkai 65 / Karela 65 is a easy, deep fried snack made with bittergourd. Serve this as side dish or as a tea time snack.

Author: Gayathri Ramanan

Recipe type: Snack

Cuisine: Indian

Serves: 1.5 Cup

Ingredients

- 2 Bitter Gourds, Sliced
- 2 Tbsp of Maida
- 2 Tbsp of Rice Flour
- 1 Tbsp of Corn Flour
- 1 Tbsp of Ginger Garlic Paste
- 2 Tbsp of Yogurt
- 2 Tbsp of Dosa Batter (optional)
- 2 Tsp of Sambar Powder
- $\frac{3}{4}$  Tsp of Red Chilly Powder
- $\frac{1}{2}$  Tsp of Black Pepper
- Salt to taste
- 1 Tbsp of Soy Sauce
- Pinch of Sugar
- Water as needed

- Oil to deep fry

## Instructions

1. Wash and slice the bitter gourd finely.
2. In a bowl, add all the ingredients except oil. Mix well with hand to make a thick paste and add sliced bittergourd. Keep the bowl in a fridge for 15 mins.
3. Heat a pan with oil, when it is hot, gently add the bittergourd to the oil , deep fry it until golden brown colour and drain them on paper towel.
4. Hot, delicious bittergourd 65 fry is ready to serve.

## Notes

Best combo for bittergourd 65 is sambar rice and curd rice. Keep tooth prick in each bittergourd and served it as an appetizer.

You can also add vinegar, if you prefer.

If you dont have sambar powder, add 2 coriander powder and  $\frac{1}{2}$  red chilly powder.

Add salt accordingly as sauce has salt in it.

You can follow the same recipe for any veggies.

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## Pavakkai 65

tags: [bittergourd 65](#), [bittergourd 65 recipe](#), [pavakkai 65](#), [karela 65](#), [bittergourd recipe ideas](#), [pavakkai recipe ideas](#), [karela recipe ideas](#), [how to make bittergourd 65 recipe](#), [prepare bittergourd 65](#), [easy snack recipe](#)