Soft Layered Chapathi Recipe / How to Make Layered Paratha



Have you tried square chapathi with layers inside them ? Today's recipe is soft layered chapathi, a flaky flat bread popular in India and Pakisthan. Another name for layered chapathi is Ghadichi chapathi. You can make this chapathi / paratha in triangle shape or square shape like I did. This

multilayered chapathi is crispy on outside and soft on inside. My mom used to make this often at home and this is my appa’s favourite. You can pack this square shaped layered paratha for kids lunch box. Beginners can also try this chapathi at home. Making layered paratha is not that difficult, but you need little patience. You can serve with any side dish of your choice, I had it with potato kurma. I will post the recipe for potato kurma tomorrow. Today I will show how to make layer paratha at home. Also check my other roti recipes in my blog.

Ingredients for soft layered chapathi recipe

Preparation time : 30 mins Cooking Time: 30 mins Serves:5

• 1 Cup of Whole Wheat Flour

• 1/2 Cup +1 Tbsp of Warm Water

• 3 Tsp of Oil or as needed

• Salt to taste

• 1 Tsp of Flax Seed Powder (Opt)

Method for soft layered chapathi

• In a bowl, mix flour and salt. Make a well in the center and add water and 2 tsp of oil in it. Mix well with a fork. After few mins, keep mixing with hands until you get soft pliable dough. Apply a tsp of oil and knead it until you get smooth texture. Cover it with a damp cloth and let it stand for 30 mins. Make balls out of the dough.



• Place a ball on the rolling board. Dust it with some flour and start rolling it into 4” diameter. Apply some oil on top with your fingers, sprinkle some flour on it.

• Fold the chapathi one-third on one side and fold it one third on other side so that they overlap each other.

• Fold it again one third on both sides.You will get square shaped dough. Roll it carefully to get square shaped chapathi as shown in the pic. Do the same for the rest of the dough.

• Heat tawa or griddle over medium heat. Now cook the chapathi in medium heat. When bubbles starts appearing, apply oil and flip it to the other side.Let the other side also get cooked.

• Hot and soft yummy layered chapathi are ready to cook.

Tips

• You can also make triangle shape paratha by following the same method.

• Serve with raita or curry or pickle

• Adding flax seed powder is optional.



Tags: layered chapathi, soft layered chapathi Recipe, layered chapathi recipe, how to make layered chapathi, prepare layered chapathi, layered paratha recipe, how to make layered paratha, square layered paratha, paratha recipes, chapathi recipes. ghadichi chapathi recipe, easy lunch box ideas.

MINT PARATHA RECIPE



This green coloured mint paratha / pudhina paratha is a flavorful and tasty paratha recipe made with whole wheat flour, mint leaves, green chillies, ginger and other spices. This mint paratha recipe is very simple to make, a nice alternative to regular chapathi and it is filling for dinner. This is the first time I tried this mint chapathi, it tasted yummy with lima beans curry and raita. Try this pudhina paratha at home and let me know how it turned out.

Mint Paratha Recipe / Pudhina

Paratha Recipe

Ingredients For Mint Paratha Recipe

Preparation Time: 40 mins Cooking Time:30 mins Serves: 9 Parathas

- 2 Cups of Whole Wheat Flour
- 1/4 Tsp of Cumin Powder
- 1/2 Tsp of Flax seed Powder
- 1 Tsp of Ghee (Clarified Butter)
- 2 Tsp of Oil
- Salt as needed
- 1 Cup of Warm Water

To Saute and Grind

- 3/4 Cup of Mint Leaves
- 2 Green Chillies
- 1/2 Inch Ginger, Grated

Method for Mint Paratha Recipe

- Wash the mint leaves, green chillies and ginger. Heat a pan with oil, saute the mint leaves, ginger and green chillies for few mins. Transfer it to a blender and grind it smooth by adding litttle water.
- In a mixing bowl, add whole wheat flour, cumin powder, flax seed powder, salt, ghee, oil and the ground mint mixture, mix all together with a fork, now add warm water little by little, start mixing with a fork or spoon. After it cool down, Knead it into a smooth dough, keep it covered and let it rest it for 30 mins.
- Heat a pan, meanwhile divide the dough into equal parts. Roll into thick parathas and transfer it to the hot pan. Cook both the sides of paratha until brown spots appears add some oil over the parathas.

- Repeat the same process for the rest of the dough.
- Serve it with any side dish of your choice. We had with lima beans curry and onion raita.

Tips

- You can use dried mint leaves too instead of fresh mint leaves.
- Add ajwain or cumin for easy digestion.
- If you don’t have flax seed powder, just leave it and add cumin powder alone.



Tags: mint paratha, mint paratha recipe, pudhina paratha, pudhina paratha recipe, how to make mint paratha at home, prepare pudhina paratha, easy paratha recipe, chapathi recipe