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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