

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

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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](#)

Vendhaya Kali Recipe / Fenugreek Kali

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Vendhaya Kali

Fenugreek or vendhayam in tamil is a wonderful herb helps to cure all female health problems and diabetes. Vendhaya Kali Recipe / Fenugreek Kali is a healthy and traditional south

Indian breakfast recipe. My mom makes this for me once in a month as they are more nutritious and it cools the body. This vendhaya kali is very good for women of all ages. To make vendhaya kali, you need fenugreek, rice, palm jaggery and oil.

I love all kinds of kali recipes as they are very tasty and good for health. I already posted [ulundhu kali / urad dal kali](#). Try this vendhaya kali / menthula sankati at home for breakfast. Eat healthy and stay good.

Also check my other fenugreek recipes

1. [Vendhaya idly](#)
2. [Vendhayam Kuzhambu](#)

Ingredients for Vendhaya Kali Recipe

Preparation Time : 10 mins + overnight Cooking Time : 20 mins Serves : 3

- 1 Cup of Fenugreek (Vendhayam)
- 1/4 Cup of Rice (Boiled or Raw)
- 1/2 Cup of Karupatti (Palm Jaggery) or to taste
 - 1/4 Cup of Gingelly Oil
 - Water as needed
 - Salt to taste

Method for Vendhaya Kali Recipe

- Soak both the fenugreek and rice together in a bowl for 6 hrs or overnight.
- Heat a pan, add palm jaggery and 1/2 cup of water, bring it to boil until it dissolves completely. Turn off the stove and filter it to remove impurities.
- In a mixie, add soaked fenugreek, rice and water, grind it to a smooth paste. Keep it aside.
 - Heat the same pan, add ground rice – fenugreek mixture and palm jaggery syrup, stir well in a medium flame, add salt and keep on stirring until it turns thick and soft.
- Add oil and keep on stirring so that it should not stick to the bottom of the pan.
 - To check if it is done, transfer a spoonful of kali to a plate, dip your hands in water and touch the kali, it should not stick to your hand. If it sticks, it is not done.
 - Serve hot and enjoy.

Tips

- Use thick bottomed pan and wooden laddle while making kali.
- Use gingelly oil for nice taste. You can also use ghee if you want.
 - Replace palm jaggery with regular jaggery.
- You can also serve kali by pouring palm jaggery syrup on top. To do that, do not mix jaggery syrup with ground rice fenugreek mixture while stirring. Do it separately, then pour syrup while serving.

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Vendhaya Kali

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prepare vendhaya kali.