

Ingredients

Quantity	Measure	Ingredients	Description
	Little	Chilly Powder, Red	to taste - for
4	Tablespoon	Cooking Oil	
Half	Teaspoon	Coriander Powder	For stuffing
250	Grammes	Dhal, Chana (Kabuli chana)	Boil in press
500	Grammes	Flour, Maida - (American Plain)	Make dough
Half	Teaspoon	Garam-Masala	For stuffing
	Little	Salt	for taste

Method

Add salt and 2 tablespoons of oil to maida.

Add a little water and make a soft dough.

Soak Chana dhal for 6 hours.

Boil it in a pressure cooker with a glassful of water.

When you hear the first whistle, turn the gas off.

Drain away the water and grind the dhal.

Heat 2 tablespoons of oil in a wok and add dhal paste and roast it for 3-4 minutes.

Add all the masala powders.

When it cools down make balls of the maida dough, and stuff this paste by making a depression in the maida balls and closing it with wet fingers.

Roll the balls into thin Parattas. .

Roast these on a skillet, on both sides, at least one hour before serving.

These Parattas are generally thin.