THE J.M. SMUCKER Co

Parantha

Prep Time	Cook Time	Serves	Difficulty
1 hr	35 mins	8	N/A

Ingredients

- 2 cups (500 mL) **Robin Hood®** Original All Purpose Flour, plus extra for kneading/rolling

  Robin Hood® Original All Purpose Flour

- 1/2 cup (125 mL) **Robin Hood®** Original Whole Wheat Flour

  Robin Hood® Whole Wheat All Purpose Flour

- 1 1/2 tsp (7 mL) salt
- 1 tbsp (15 mL) ghee or vegetable oil
- 1 cup + 2 tbsp (280 mL) warm water
- 2 tbsp (30 mL) ghee, plus additional for finishing
- additional flour for rolling

Directions

Step 1:

Combine flours, salt and 1 tbsp (15 mL) ghee/oil in a large mixing bowl. Slowly add water. Mix together until a soft dough forms. Place on well-floured board and knead 5 minutes. Return to bowl and cover with damp cloth, let rest 5 minutes.

Step 2:

Place dough on lightly floured surface. Knead well for 1-2 minutes. Divide into 8 pieces. Roll each into a ball. Working with 1 ball at a time (cover remaining with tea towel), roll into thin round, about 7" (18cm) diameter. Brush surface with about 1/2 tsp (2 mL) ghee and very lightly sprinkle with flour. Roll up into a tight cylinder and then roll cylinder into a cinnamon bun shape, being sure to tuck the edge under. Repeat with remaining dough pieces. Cover and let rest 5 minutes. Flatten each one and roll with floured rolling pin into a 7" – 8"circle. Heat a frying pan over medium high heat. Place into ungreased pan. Cook until surface starts to bubble, about 2 minutes. Carefully and gently press down on dough with clean kitchen towel if desired (but not necessary). Turn and continue cooking 1 minute or until puffy and golden. Remove and brush with additional ghee. Cover with clean tea towel to keep warm. Continue with remaining dough.

Images

