



## Gobi (Cauliflower) Paratha

This popular North Indian recipe (stuffed cauliflower flatbread) is whole wheat flour dough, filled with a spicy cauliflower mix, then pan fried. Serve it with a mango pickle and yogurt for a great breakfast or a light lunch. This recipe makes 6 parathas.

### Ingredients

#### Dough:

- 1 cup whole-wheat flour
- 1/2 cup water (Use more as needed)
- 1/2 teaspoon of salt

#### Filling:

- 2 cup shredded cauliflower
- 1/2 teaspoon ajwain
- 1/2 teaspoon cumin seeds (Jeera)
- 1 chopped green chili
- 2 tablespoons chopped cilantro (green coriander)
- 1/2 teaspoon salt

#### Also needed:

- 1/4 whole-wheat flour for rolling
- Oil to cook

### Preparation process

#### Dough

Create soft dough by mixing the flour, salt and water together. Add a little more water if the dough is hard. For best results, mix the dough by hand.

Knead the dough for a few minutes on a lightly greased surface to make it smooth and pliable.

Set the dough aside and cover with a damp cloth. Let the dough rest for at least ten minutes.

## Filling

Shred the cauliflower using a shredder. Do not use a food processor, since it will make the cauliflower too moist to work with.

Mix all filling ingredients together by hand. Let the filling settle for about 5 minutes.

Squeeze the cauliflower mix in order to take out as much water as possible. Do not skip this step.

## Making of paratha

Divide the dough and cauliflower mixture into 6 equal parts.

Roll the dough into 3 inch diameter circles. Put about 2 tablespoons of filling in the center. Pull the edges of the dough together to make a ball to seal. Make 6 balls using this process.

Allow the balls to settle for two minutes before rolling. Note: Please be patient and wait 2 minutes. Otherwise the cauliflower mixture will seep through the edges when rolling the parathas.

Dry roll the balls in whole-wheat flour to make them easier to roll.

Heat the skillet on medium high. Note: An iron skillet works best. To see if the skillet is ready, put a couple of drops of water on it. If the water sizzles right away, the skillet is ready.

Lightly press the ball on the sealed side and keep it on the topside when rolling. Roll lightly to create 6 inch circles. Sprinkle dry whole-wheat flour on both sides of the semi-rolled paratha to reduce the stickiness on the rolling pin or rolling surface.

Place the paratha over the skillet. You will see the color change and the paratha will bubble in different places.

Then turn the paratha over. Paratha should have golden-brown spots. Wait a few seconds and put 1 teaspoon of oil over paratha and spread the oil on the topside. Flip the paratha and lightly press the puffed areas with a spatula.

Flip again and press with the spatula making sure the paratha is golden-brown on both sides.

Keep the parathas in a covered or insulated container and repeat process for remaining parathas.

Cool the Parathas on a wire rack so they don't get soggy.

Parathas can be kept in a covered container for 2 days or they can be refrigerated for 5-6 days (wrapped in aluminum foil). To re-heat, warm on a skillet or toaster oven.

## Bonus Items

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