

## Paratha (Pakistani Flat Bread)



### Ingredients:

Wheat flour – 3 cups

Salt – 1 teaspoon

Egg – 1

Sugar – 1 tablespoon

Ghee (clarified butter) – ½ cup

Water – enough to make hard dough

### Procedure:

- 1) Mix all ingredients together *with only 1 tablespoon of ghee*. Rest of the ghee is used when you are cooking the parathas.
- 2) Knead the dough thoroughly.
- 3) Form golf ball size balls from the dough and let them sit for 15 minutes.
- 4) Roll out the dough about 7-8 inches in diameter (thicker than tortilla or roti).
- 5) Warm up the rest of the ghee and spread the flattened dough with some ghee. Sprinkle some whole wheat flour on it.
- 6) Bunch up the each flat dough piece once again into a ball.
- 7) Roll out each of the dough balls again to the same size as before.
- 8) Heat up the flat metal skillet (medium high) and cook the flattened “paratha” until it starts to cook.
- 9) Flip the paratha and pour some more ghee along the perimeter of the paratha and cook until it looks like it is getting done.
- 10) Flip the paratha again and pour some more ghee on the edges. Cook until done (golden brown). Place on a serving platter. Repeat steps #4 through #10.
- 11) Serve with kebabs, vegetable curry, or chicken korma / karahi chicken.