

Tikya – Sweet Bread



Prep Time: 1 – 1 ¼ hours. Serves: 16 people

Ingredients:

- Atta – whole wheat Indian flour, 6 cups
- Sugar – 1 cup
- Salt – 2 teaspoons
- Ghee – ¾ cups or a little more
- Water (room temperature) – enough to knead the dough

Procedure:

- 1) Mix atta, sugar and salt thoroughly in a bowl
- 2) Add ghee and keep mixing
- 3) Add enough water so that flour is smooth and not runny (don't make it too soft)
- 4) Roll out the dough about ¼ inch thick with a rolling pin
- 5) Take a glass or a similar round utensil and cut the dough into small circles
- 6) Try to keep re-rolling the dough after cutting it in round shapes in order to use all of the dough
- 7) Heat up a dry skillet on the stove and toast the small “tikyas” on each side for a short period of time. Long enough time so that the surface gets hard and toasted
- 8) Deep fry the tikyas in oil so that they get puffy and golden brown
- 9) Serve them with potato curry, omelet, or any of the meat dishes

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