

Gobi Paratha - Marathi Recipe

Introduction

Gobi paratha is popular next to aloo paratha. Stuffing for these parathas is made from gobi that is cauliflower. Usually these parathas are served ad breakfast in Punjab. But we can have it at any time of the day. This can be a good lunch or tiffin box option. Let's see how to make gobi paratha.

Ingredients

For Cover:

- 1 1/2 cup Wheat flour
- Salt to taste
- Water

For Stuffing:

- 1 tsp Oil
- Cumin seeds
- 1 medium size finely chopped Onion
- Grated Ginger
- Finely chopped Green chili
- 1 cup grated Cauliflower
- Turmeric powder
- 1 tsp Coriander powder
- 1/2 tsp Amchur powder
- 1/2 tsp Red chili powder
- 1/2 tsp Garam masala
- Finely chopped Coriander leaves

For making Paratha

- Butter

Method

For Cover:

- Take wheat flour into a dish. Add salt and mix well.
- Add little water at a time and knead thick dough. Do not add much water at a time.
- The dough should be neither too thick neither too thin.
- Transfer the dough into a bowl and coat it with a little oil so that it won't get dry.
- Cover and give it a standing time of about 30 minutes.

For Stuffing:

- Heat up oil in a pan. Add cumin seeds.

- When cumin seeds sizzle up add onion and mix well.
- Add grated ginger. You can use ginger paste or finely chopped ginger too.
- Add green chili and fry the onion for about 3-4 minutes.
- When onion softens up a little add grated cauliflower.
- Add turmeric powder, coriander powder, amchur powder, red chili powder and garam masala. Mix well.
- Add salt to taste and cook the flower for about 5-6 minutes until it just becomes soft.
- Cook until flower dries up as when we add salt, flower releases moisture.
- Cook until this moisture is reduced.
- Turn off the gas and add lots of finely chopped coriander leaves.
- Mix well and let the stuffing cool down.

For making Paratha:

- Take the dough and knead it once more. Take one small ball of dough and dip it in dry wheat flour.
- Roll out a poli. While rolling the poli, roll it from the edges and let it be a bit thick at the center.
- So that when we fill the stuffing, it won't tear up.
- Fill the stuffing and bring together all the edges of the poli and close them. Remove excess dough as we do for modak and keep it side.
- Heat up a pan on medium heat.
- Again dip the ball in dry flour and roll the paratha. Let the paratha be a little thick. You can roll thin paratha if you want.
- Transfer the paratha on hot pan. Roast for about a minute until it gets light golden color.
- When small bubbles begin to appear on paratha, flip over. Spread lots of butter. You can use ghee instead of butter if you want.
- Flip over again and spread butter on another side as well.
- Roast until it gets nice golden color form both sides.
- Take out into serving dish.
- You can have this with curd or any pickle. You can have it as it is.