

# HOW TO MAKE METHI PARATHA - RECIPE



***Fenugreek Leaves  
Flatbread***

# Methi Paratha Recipe Blog

**VM Jensen**



## **Methi Paratha Recipe Blog:**

**Indian Paratha: Indian Bread Easy Recipes for the Hurry Home Cook** Asian Foodies, A paratha is a flatbread that originated in the Indian subcontinent. It is still prevalent throughout India, Pakistan, Nepal, and Bangladesh where wheat is grown and is the traditional staple of the area. Paratha is an amalgamation of the words parat and atta which literally means layers of cooked dough. Alternative spellings and names include parantha, parauntha, prontha, parontay in Punjabi, porota in Bengali, palata pronounced p l t in Burma, porotha in Assamese, forota in Sylheti, and farata in Mauritius, Sri Lanka, and the Maldives. In this book, the authors have laid out over 35 tantalizing paratha recipes from in and around India. Parathas are one of the most popular unleavened flat breads in the India part of the Indian Subcontinent and they are made by baking or cooking whole wheat dough on a tava and finishing off with shallow frying. Parathas are thicker and more substantial than chapatis, rotis, and this is either because in the case of a plain paratha they have been layered by coating with ghee or oil and folding repeatedly much like the method used for puff pastry or some types of Turkish b. rek using a laminated dough technique or else because food ingredients such as mixed vegetables have been mixed in with the dough such as potato and or cauliflower, green beans, and carrots.

**Sita Ruchulu** Sita Kolluru, 2022-06-29 Sita Ruchulu Simple and Healthy Vegetarian Recipes contains a diverse collection of home style Indian vegetarian recipes. Sita Kolluru's wonderful collection of recipes captures the flavors Ruchulu in Telugu language of traditional Andhra and North Indian cuisines while introducing fusion recipes using produce more commonly found in the US. Sita Kolluru began documenting these recipes for her family. A large number of these recipes represent the cuisine style and cooking techniques of traditional recipes handed down by word of mouth through her family. For example, there are classic coastal Andhra recipes for banana flower, subzi, banana stem, subzi, gongura, chutney, jackfruit, subzi, flat rice, dosa, and many more regional dishes. This book also contains recipes for some well-known Andhra pickles and pickle chutneys. Some recipes are from north India where the author lived for over 3 decades. These recipes include popular dishes like methi paratha, palak paneer, and stuffed capsicum. Some recipes in this book bring a modern twist where the author experiments with new techniques and new ingredients. The whole cauliflower cooked in curd yogurt is a world-class recipe that you will not find elsewhere. Similarly, tomato stuffed with mixed vegetables is a wonderfully simple recipe. And finally, some recipes represent the fusion of Indian spices and techniques used with fruits and vegetables available in the USA. There are more than 140 recipes and a useful glossary.

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