

Purí (Fried Flat Bread)

Makes: ?

Ingredients:

2 cups plain flour
1 cup lukewarm water
1 pinch salt
1 tbsp sunflower oil, plus extra for frying
Extra flour for rolling

Equipment:

Basic toolbox, rolling pin, non-stick frying pan, non stick lifter and tongs.

Method:

1. Measure out flour and place in medium bowl.
2. Add water, oil and salt to flour and mix together. Add a little more water or flour, if needed, to form a slightly sticky dough.
3. Cover bowl with a tea towel and rest dough for 15 minutes.
4. Break off 'golf ball' sized pieces of dough.
5. Dip the ball of dough in flour and roll out into a circular, flat piece.
6. When all the dough has been prepared cover with a slightly damp tea towel.
7. Place non-stick frying pan on stove burner and place on high heat. Add a little oil. When the oil is hot fry the dough circles in the pan. Pressing slightly with a non-stick lifter will help puri's to puff up and char slightly. **Be very careful of the hot oil and the hot frying pan handle and edges!**
8. Add a small amount of oil between cooking puri's.
9. Serve while still warm with a curry and accompaniments.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: Adhikari family of Lavington.