

Poori (Indian Puffed Bread)

Country: India

Bhanu Somasundaram's simple recipe for poori (*aka* puri)



Ingredients:

- 2 cups Indian wheat flour (Aatta)
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon sugar
- 1 teaspoon vegetable oil
- $\frac{1}{4}$ teaspoon baking powder
- water or milk (as required to knead the dough)
- vegetable oil (for frying)

Procedure:

Mix flour, salt, and baking powder in a bowl. Add sugar and oil (1 teaspoon). Gradually add milk or water and knead to soft pliable dough. Keep closed for 1 to 2 hours. Make small balls (like gum balls) and then roll out into small circles. Place these circles (poori) on aluminum foil and cover with paper to prevent drying. Now heat the oil in a shallow pan. Deep fry each poori in hot oil till golden brown on both sides. Place them on paper towels to drain excess oil. This dish is served with “vegetable curry” or “channa masala” (a dish made with garbanzo beans).

Bhanu Somasundaram | Tallahassee, FL, USA | March 2013