

TANDOORI GOBHI PARANTHA (Oven-baked Cauliflower Stuffed Rustic Flatbread)



For dough:

- 2½ cups plus extra for dusting – wheat flour
 - ¼ tsp salt
 - ¾ cup water (extra if needed)
 - 2 tsp ghee or any oil of your choice
1. In a wide pan or bowl, mix the flour with salt and ghee. Rub the flour well with your fingertips. Use your hands to make the dough. Start with adding water, gradually, and bringing the flour together. Use the palm of your hands to knead the dough till it is smooth and firm (not hard). The dough should offer some resistance when you press in a finger.
 2. (Too soft a dough and you will have trouble dealing with the filling while rolling the flatbread...too hard a dough will be equally difficult to work with.)

For Filling:

- 2 cups grated cauliflower (650-70 grams of cauliflower sans the stump)
- 1 tsp salt
- 1 tsp finely grated ginger
- ¾ tsp chaat masala
- 1 tsp chopped green chillies
- Red chilli powder to taste
- 1 generous pinch of garam masala
- 1 tbsp chopped fresh cilantro

Directions

1. Break down the cauliflower into florets. Wash and scrub them clean. Keep aside. Fill a pot with chilled water and keep aside.
2. Heat a pot of water (1½ litre) and bring to a boil. Dunk in the florets in the boiling water and leave them for no longer than a minute in the boiling water; the idea is to get rid of any worms or insects hiding in the nooks of the florets
3. Drain the water and immerse the florets in the pot with chilled water. Let them be there for a minute. Remove the florets and keep them aside to drain any excess water from them. Grate the florets(not too fine) and sprinkle half a tea spoon of salt. Mix well and keep aside for a minute and a half.

4. Take fists full the grate cauliflower and squeeze out as much water as you can. (We do not want any excess moisture while rolling the stuffed flatbread). Keep transferring the squeezed cauliflower in a mixing bowl. Using a fork, fluff the grated cauliflower.
5. Start mixing the other ingredients to the cauliflower and using a spoon stir well together.

Making the flatbread

6. Pre-heat the oven at 230 degrees C. Heat the baking sheet. (I turned the sheet upside down and used its bottom to bake flatbread; it is easier to place and remove the flatbread)
7. Divide the dough into equal sized ping pong sized balls (larger if you want larger sized flatbread). Take some wheat flour in a flat bowl. Keep it aside.
8. To start prepping the flatbreads, take one ball and roll it in the wheat flour. Using a rolling pin roll it into 4 inch disc. Place the disk in your palm and slightly cup your hands. Add the stuffing; 2 heaped teaspoons full in each disc (+/- as desired). As shown in the pic bring in the edges together and pinch the top and twist in over the stuffed ball of dough. Slightly flatten it between your hands and again roll it in wheat flour so it is easier to roll it. Start rolling into six and a half inch sized flatbread; 3-4 mm thick or as desired.
9. Make the stuffed balls in a similar fashion. Roll them only once you need to place them in the oven for baking
10. Slightly brush both the sides of the flatbread with oil. Place the flat over the baking sheet and place in the oven for 6-7 minutes or till both sides are golden and crisp.

The stuffed flatbread tastes great served with **mint cilantro chutney**, pickle, **yogurt** or tea/ coffee. Do not forget to smear **butter** on them for an extra delicious taste!



Makes 7-8 paranthas (depending on the amount of dough used)

