

paneer ki roti

preparation time: 30 minutes

Cooking time: 25 minutes

chilli rating: mild

difficulty Level: medium

Serves: 6 as an
accompaniment

roti ingredients

2 cups wholemeal flour, sifted
1 tsp salt
2 tbs unsalted, melted butter or
vegetable oil
 $\frac{3}{4}$ cup whey or water (see
Ajoy's tips)

paneer ingredients

1 cup paneer, grated (see
Ajoy's tips)
1 tsp salt
 $\frac{1}{2}$ tsp cumin seeds, crushed
1 tbs fresh coriander leaves,
chopped
2 tbs vegetable oil, for frying

method

To make the roti, place sifted flour in a mixing bowl, add the salt and mix together. Add the melted butter or oil to the flour and mix gently without forming crumbs. Gradually add the whey, or water, to the flour and mix until the flour and water start to come together to form a dough. Cover with a cloth and set aside.

To make the paneer filling, place the grated paneer in a bowl and add the salt. Then add the crushed cumin seeds and chopped coriander and mix well. Form into a ball. Then divide into six small balls. Set aside.

Take the dough and knead until it comes away easily from your hands. Divide the dough into six equal balls. Flatten each ball of dough and place one paneer ball onto the centre of the dough. Bring all the sides of the dough together ensuring the paneer is covered. Press the edges together firmly. Place the paneer-filled dough onto a flat surface and, using a rolling pin, roll each ball until it is flat, about 5" in diameter. When all doughs have been flattened, heat a heavy-based frying pan and place the flat dough into the pan, and dry-fry on both sides until golden. Brush some oil onto the top of the roti, to make it crisp and set aside whilst you proceed with the remaining roti.

Serve with your choice of pickle and raita.

Ajoy's tips You can use the leftover whey from home-made paneer when making the roti. To make your own paneer, click [paneer recipe](#). To read about bread click [Ajoy's blog](#). To make raita, click [mint raita](#) recipe.

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