



Puran Poli

Flatbread with
Sweet Lentil Filling

Overview

Difficulty: Easy

Servings: 3 - 4

Preparation Time: 40 mins

Cooking Time: 30 mins

Ingredients

Puran - Sweet Lentil Filling

600ml Water

100g Yellow Lentils (or Pigeon Pea)

160g Raw Palm Sugar

A Pinch Cardamom Powder

A Pinch Nutmeg Powder

A Pinch Saffron Threads

Poli - Flatbread

50ml Ghee (or Clarified Butter)

100ml Water

230g Flour with excess for dusting

5 Tablespoons Oil

A Pinch Baking Soda

A Pinch Fine Salt

A Pinch Turmeric Powder

Methods

Step 1

Grate raw palm sugar.



Step 2

Wash and soak yellow lentils for about 1 hour.



Step 3

Transfer yellow lentils soaked in water into pot. Cook until soft, and strain.



Step 4

Blend cooked yellow lentils, cardamom powder, saffron threads, and nutmeg powder into a rough paste with your Hand Blender.



Step 5

In a medium-sized pan, melt grated raw palm sugar. Add blended paste, and continue stirring until thickened. Set Puran filling aside to cool.



Step 6

In a bowl, add flour, turmeric powder, baking soda, fine salt. Mix and create a crater in the centre of the mixture.



Step 7

Drizzle oil slowly. Mix until crumbly dough forms. Adjust dough consistency with just enough water. Continue kneading until smooth and soft.



Step 8

Cover Poli dough with cloth and let rest for about 15 minutes.



Step 9

Portion Puran filling and Poli dough, each into 12 to 15 balls.



Step 10

Dust worktop with flour, roll Poli balls to about 6 cm in diameter. Wrap and seal Puran filling within to form balls again.





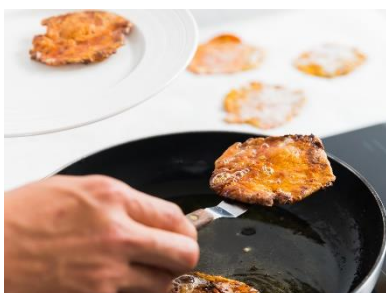
Step 11

Dust work top with more flour, roll Puran Poli balls to about 10 to 12 cm in diameter. Place on baking paper to prevent sticking.



Step 12

In a non-stick pan, heat up ghee. Fry Puran Poli till crisp and brown on both sides, adding more ghee where necessary.



Step 13

Plate, serve, and enjoy.

