



Lachha Paratha (Flaky Paratha)

This paratha recipe yields irresistibly flaky flatbread that you'll want to rip apart and dip into dals, chutneys, and curries. The beautiful layers come from a technique found in many flatbread recipes: Roll a piece of dough quite thin, then brush it with fat (in this case, ghee), coil it up into a snail shape, and roll it out again. What makes this paratha extra special is the sprinkling of garlic, cilantro, and roasted cumin that goes atop the ghee-brushed dough and makes every bite all the more flavorful.



The Lachha Paratha (Flaky Paratha) was one of our Bake of the Week recipes for March 2023.

PREP	BAKE	TOTAL	YIELD
1 hr	25 mins	2 hrs 40 mins	twelve 6 3/4" parathas

Ingredients

- 4 1/4 cups (480g) King Arthur White Whole Wheat Flour, plus more for dusting and rolling
- 2 teaspoons (12g) salt
- 1 teaspoon granulated sugar
- 1/3 cup (59g) ghee, melted and divided, plus more for serving
- 1 1/2 cups (340g) water
- 1 garlic clove, finely minced
- 1 cup (60g) cilantro, leaves and tender stems, minced
- 1 teaspoon roasted cumin powder* (bhuna jeera)
- neutral oil or melted ghee, for cooking

*See “tips” below.

Instructions

- ① In a large bowl or bowl of a stand mixer, stir together the flour, salt, sugar, and 2 tablespoons (22g) of the melted ghee until combined. Add the water, mixing to form a sticky dough.
- ② Knead the dough — using your hands, a stand mixer, or a bread machine set on the dough cycle — for 4 to 5 minutes until smooth and elastic. Cover with plastic wrap, beeswax wrap, or a damp, lint-free kitchen towel and let sit at room temperature for at least 1 hour. (The dough can be kept at room temperature for up to 4 hours, at which point it can be stored, covered, in the refrigerator for up to 24 hours.)
- ③ In a small bowl, mix together the garlic, cilantro, and cumin. Set aside.
- ④ Divide the dough into 12 pieces (about 69g each). Work with one piece of dough at a time and leave the rest covered with plastic wrap or a damp kitchen towel so they don't dry out. Dip the piece of dough in flour then dust off any excess. Roll out the dough as thin as possible. (The shape is less important here than the thinness; if it's round, it will be 8" to 9" in diameter.)
- ⑤ With a pastry brush or clean fingers, brush a thin coating of the remaining ghee across the dough. Dust lightly with flour and sprinkle about 2 teaspoons of the cilantro mixture over top.
- ⑥ To form the paratha, start at one side of the dough and roll it into a cigar shape. Stretch the log to about 15" long, then starting at one short end, coil the dough into itself in a spiral (it will look like a cinnamon roll). Tuck the free end under the coil and press down

lightly. Place the coil under the plastic wrap or towel and proceed to shape the remaining pieces. Let the coiled parathas rest for 15 minutes.

- ⑦ To do the final shaping, work once again with a single piece of dough at a time, starting with the first one you shaped. Dip the coil again in flour and then shake off any excess. Roll out the dough to a 1/8"-thick round, about 6 3/4" in diameter. Repeat with one more coil, so that you have two at the ready (this will ensure that you always have a rolled-out paratha on deck and ready to cook).
- ⑧ Preheat a tawa, cast iron griddle or skillet, or heavy nonstick pan over medium heat.
- ⑨ When the skillet is hot, cook the first paratha in the dry pan until bubbles start appearing on the surface, about 45 seconds. Flip the paratha, then drizzle with neutral oil or ghee. Cook for 30 seconds more, then flip again. Continue to cook, turning the paratha regularly, until puffed, golden, and brown in spots, around 2 minutes total.
- ⑩ Transfer the cooked parathas to a plate, brush with ghee if desired, and cover with a lint-free kitchen towel to keep warm. While cooking one paratha, roll another. Continue cooking and rolling until all are done.
- ⑪ **Storage information:** Store leftover parathas in an airtight container at room temperature for several days. Reheat in a dry skillet until warm before serving. Parathas can also be coiled, rolled, and then frozen (after step 7), separated by sheets of parchment. Cook from frozen, adding to cooking time as needed.

Tips from our Bakers

- ☆ Look for bhuna jeera at South Asian markets or online. To make it yourself, toast 1 teaspoon cumin seeds in a dry pan over medium heat for 2 to 3 minutes, until they darken but before they start to smoke. Transfer to a plate to cool, then grind finely in a spice grinder. This will yield slightly more ground cumin powder than you'll need for the paratha filling. Store excess in an airtight container for about 2 months.

We're here to help. King Arthur Baker's Hotline: (855) 371 2253