

Indian Puris – Puffed Fried Bread

Equipment: Measuring cups and spoons Large bowl Tea towel Frypan or wok Wooden spoon Slotted spoon	Ingredients: 4 cups chapati flour 1/2 tsp salt 4 tsp oil Vegetable oil for deep frying
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What to do:

1. Place the sifted flour, salt and 4 teaspoons oil in a bowl, and mix together. Make a well in the centre and gradually pour in enough water (about 1 and 1/2 cups) to make a fairly dry dough. Knead 4-5 minutes, until dough is firm and not sticky. Cover with a damp tea towel and set aside for 20 – 30 minutes.
2. Knead dough again, and divide into 30 golf ball-sized balls. Apply a little vegetable oil to each portion and roll into 7.5 cm rounds. Try and keep the puris round shaped.
3. Heat oil over medium heat in a wok or other pan suitable for deep-frying. Deep-fry puris one at a time, turning once with a slotted spoon and then carefully splashing the top with a little hot oil. They will be puffed and golden brown when ready.