

Aloo Paratha

Learn to make authentic Aloo Paratha - crispy potato-stuffed Indian flatbreads perfect for breakfast or any meal. Easy recipe with step-by-step guide.

20 min

PREP

40 min

COOK

1h

TOTAL

8

SERVINGS

Medium

DIFFICULTY

Aloo Paratha

Ingredients

- 4 potato
- 2 cup wheat flour
- 1 tbsp olive oil
- 1 tsp chili flakes
- 1 tsp garam masala
- 1 tbsp cilantro (coriander)
- 1 tsp salt
- 1 cup water

Instructions

- 1 Prepare the potato filling**

Boil 4 potatoes in salted water for 15-20 minutes until fork-tender, then drain completely and let cool for 5 minutes.
- 2 Mash the potatoes thoroughly with a fork or potato masher until completely smooth with no lumps remaining.**
- 3 Mix in 1 teaspoon salt, 1 teaspoon cumin powder, 1 teaspoon coriander powder, and finely chopped green chilies to taste.**
- 4 Taste and adjust seasoning, then set the filling aside to cool completely while you make the dough.**
- 5 Make the dough**

Combine 2 cups flour and 1 teaspoon salt in a large bowl, then make a well in the center.
- 6 Add 1 tablespoon oil and gradually mix in 1 cup warm water, stirring until a shaggy dough forms.**
- 7 Knead the dough on a lightly floured surface for 5-8 minutes until smooth and elastic, then cover with a damp cloth and rest for 20 minutes.**
- 8 Assemble the parathas**

Divide the rested dough into 8 equal portions and roll each into a 5-inch circle on a floured surface.
- 9 Place 2-3 tablespoons of potato filling in the center of one circle, then place another circle on top and press the edges firmly to seal completely.**
- 10 Gently roll the stuffed paratha to 7-8 inches in diameter, using light pressure to avoid tearing and dusting with flour as needed.**

11 Cook the parathas

Heat a heavy skillet or griddle over medium heat until a drop of water sizzles and evaporates immediately.

12 Place the paratha on the dry hot surface and cook for 2-3 minutes until light brown spots appear on the bottom.

13 Flip the paratha, brush the cooked side with 1 tablespoon oil or ghee, then flip again and brush the other side.

14 Continue cooking for 3-4 minutes total, flipping once more, until both sides are golden brown with darker spots and the paratha puffs slightly.

15 Transfer to a plate and cover with a kitchen towel to keep warm while cooking the remaining parathas.

16 Serve hot with yogurt, pickles, or butter.

Tips

Always use lukewarm water when making the dough, as it creates softer, more pliable parathas that are easier to roll and stuff.

Let the potato filling cool completely before stuffing to prevent the dough from becoming sticky and difficult to handle.

Roll the dough circles to equal sizes to ensure even sealing and cooking - uneven pieces will cook at different rates.

Don't skip the resting time for the dough; 20-30 minutes allows the gluten to relax, making rolling much easier.

Use dry flour generously while rolling to prevent sticking, but brush off excess before cooking to avoid a floury taste.

Cook on medium-high heat and press gently with a spatula to ensure even cooking and to help the paratha puff up.

Apply ghee or oil sparingly during cooking for the perfect balance of crispiness and flavor without making them greasy.

Keep cooked parathas warm by wrapping them in a clean kitchen towel or storing in a covered container until serving.