POORI



- Poori is favourite among certain ethnic communities in Sri Lanka and overseas.Poori, which originated in India, is vegetarian and is consumed with a specially prepared tempered potatoe
- curry – However, can be consumed with either fish or meat curry as well.
- This is very easy to prepare at home. Even though the process is almost similar to that of chapathi, the final product is deep fried.

Utensils / Equipments

- Rolling Pin -Sheeting
- Stove -Heating the oil
- Frying Spoon -Removing the Chapathi

INGREDIENTS

	Ingredient	Weight (g)	Steps	Remarks
1	Atta Flour	500	1	
2	Sugar	10	2	
3	Salt	10	2	
4	Ghee	50	2	
5	Water	220	3	Gradually

PREPARATION

Process

1. Mix all the ingredients together for one minute without water
2. Add water gradually to the mixture until it becomes a soft dough
3. Divide into pieces
4. Rest for 5 minutes (Cover the dough with a wet cloth or an oiled lunch sheet)
5. Sheet the dough to round shape & rest for 5 minutes (Cover the dough with a wet cloth or an oiled lunch sheet)
6. Deep fry for few seconds

Garnish

1. Garnish as shown with potato curry and lemon (not lime) wedges & mint leaves with pickled red shallots

Critical Points

1. How to develop a dough / mixing
2. Cut the dough into pieces
3. Sheeting the dough into round shape
4. How to fry the Poori