

Sweet Bread/Chapatti

Puran Poli

Puran - Filling

- ½ cup mung dal (washed) or chick pea dal (chana dal)
- ½ cup jaggery/raw sugar or brown sugar or mixed half white and half brown sugar
- 4 pinch cardamom powder

Optional: coconut, nutmeg or cocoa powder

1. Boil mung dal in one cup of water for 10 minutes or until cooked.
2. Continue cooking until all the water has evaporated (5-10 minutes). Add the sugar and continue cooking until thick. The mixture will be very thick like a spread. Cool.
3. Add cardamom or any other ingredients.

Poli - bread

- 1 cup wheat flour
 - 1 tsp oil
 - Water
1. Mix both ingredients.
 2. Add water to make a dough. Add another tsp of oil and knead it into the dough. Leave for at least one hour or more (2 hours) so that the dough becomes more elastic.
 3. Make 1 inch balls of Puran/filling and place in 1 inch balls of dough by flattening the dough. Pinch the dough around the filling.
 4. Flatten the dough to ½ cm thick rounds.
 5. Cook on a hot pan with little ghee.
 6. Serve with more ghee.

