



Carom Seeds Poori



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon carom seeds
- ☐ 0.5 cup flour for dusting all-purpose plus more
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons vegetable oil plus more for bowl and deep-frying
- ☐ 0.3 cup water
- ☐ 1 cup flour whole-wheat

Equipment

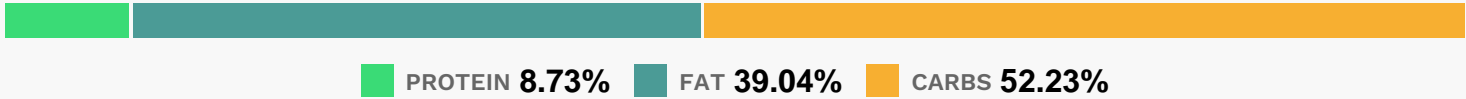
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ slotted spoon

Directions

- ☐ In a food processor or by hand, mix together all the dry ingredients and then add in the vegetable oil, followed by 1/3 cup water, mixing until a smooth, satiny, firm dough is formed.
- ☐ Add more water if needed. Firmer dough helps to make the poori puff up better and also to absorb less oil when frying.
- ☐ Turn the dough onto a floured work surface and knead for 5 minutes.
- ☐ Place in an oiled bowl. Cover with plastic wrap and let rest for 30 minutes.
- ☐ Divide the dough into 8 equal portions and roll into balls. Apply oil on opposite sides of the dough balls and flatten each with a rolling pin into a round disk 3 to 4 inches in diameter.
- ☐ Line a sheet pan with paper towels. Fill a medium saucepan or heavy-bottom pan a third full with canola oil, about 4 inches, and set it over medium-high heat; heat to 350°F. Test the oil by dropping in a small piece of dough. The oil is ready if the dough sizzles upon contact and begins to brown within a minute. Deep-fry the bread, one at the time, until golden brown, 3 to 4 minutes, turning once to ensure it puffs up. Pressing the dough down gently beneath the surface of the oil with a slotted spoon while the poori is frying helps to make it puff up.
- ☐ Place pooris on lined sheet pan to drain and serve immediately.
- ☐ Variation: Mint and Cumin Seeds Poori
- ☐ Pudina wali poori
- ☐ Make as directed above, substituting 10 fresh mint leaves, minced, 1 tablespoon dried mint leaves, and 1/4 teaspoon cumin seeds, coarsely ground for the carom seeds.
- ☐ From Flavors First: An Indian Chef's Culinary Journey by Vikas Khanna. Recipes copyright © 2011 by Vikas Khanna; photography © 2011 Vikas Khanna, Andrew Blackmore-Dobbyn, and Ronnie Bhardwaj. Published by Lake Isle Press.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:4.31, Inflammation Score:-2, Nutrition Score:5.4343478251249%

Nutrients (% of daily need)

Calories: 125.23kcal (6.26%), Fat: 5.59g (8.6%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 14.95g (5.44%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 73.64mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Manganese: 0.66mg (33.18%), Selenium: 11.92µg (17.03%), Vitamin K: 9.69µg (9.23%), Vitamin B1: 0.14mg (9.11%), Fiber: 1.88g (7.5%), Phosphorus: 61.99mg (6.2%), Vitamin B3: 1.2mg (6.02%), Magnesium: 22.37mg (5.59%), Folate: 20.9µg (5.22%), Iron: 0.9mg (5.02%), Vitamin B2: 0.06mg (3.73%), Copper: 0.07mg (3.72%), Vitamin E: 0.53mg (3.52%), Vitamin B6: 0.06mg (3.22%), Zinc: 0.45mg (2.97%), Potassium: 62.82mg (1.79%), Vitamin B5: 0.12mg (1.25%)