

Poori

Amount	Measure	Ingredient - Preparation Method
4	ounces	sieved wheatmeal flour
4	ounces	flour
1	teaspoon	salt
2	tablespoons	vegetable oil plus more for frying
3 1/2	ounces	water

Put the flours and salt in a bowl. Dribble oil over top. Rub oil in with fingers so mixture resembles coarse breadcrumbs. Slowly add water to form a ball of dough. Knead on a clean work surface for 10-12 minutes or until smooth. Form a ball and rub it with 1/4 tspn of oil and seal in a bag. Set aside for 30 minutes.

Knead again and divide into 12 balls. Keep them covered. Flatten into a 5" round. Repeat and keep covered.

Put about 1" of oil in pan. Let it get very hot. Line a plate with paper towels. Put a poori in the oil. Using back of slotted spoon, push the poori into the oil with tiny, swift strokes. When puffy, turn over and cook for about 10 seconds.

Yield: "12"