

A Bengali Brunch: Koraishootir kochuri [Pooris stuffed with a spicy peas masala]

Yield: About 18-20 pcs

These are quite heavy as they are thicker than the usual pooris and they have filling inside.

Meal type: Brunch

Things I needed:

- A Paratha or a huge plate which is common in most Indian homes. It is used to knead dough.
- A deep bottomed kadhai or Indian style wok or a deep pot for deep frying.
- A Chakla <http://en.wikipedia.org/wiki/Chakla>
- A rolling pin

Ingredients for the Dough:

Wholewheat flour: 2 cups [I used Aashirwaad Wholewheat aata]

Ghee: 1 tbsp

Carom seeds or *Ajwain*: ½ tsp

Warm water: ¾ cup

Salt: a pinch or to taste

Oil for deep frying

1. In a *paraath* or a big flat deep plate used in most Indian homes for kneading dough, add the flour, carom seeds (*ajwain*) and salt. Using your hands mix all the dry ingredients so that they are uniformly spread. Now add ghee (at room temperature) to the flour and rub it in between your palms. Repeatedly rub the flour and ghee mixture in this manner for 3-4 minutes to have the smell and flavour of ghee spread across the flour.
2. Next, make a well and add 1/3 cup water in the middle. Knead the dough mixing the flour with the water, adding water a little at a time. You may not need to use all the water but Add another 1/3 cup warm water and continue kneading. If the dough is sticky, just add a little flour and knead it again until smooth. We are looking for a dough which is not too firm but not very soft either – somewhere in between!

Ingredients for the Peas filling:

Frozen peas: 2 cups

Regular vegetable oil: 2 tsp

Cumin seeds: ½ tsp

Grated ginger: 1 tsp

Asafetida powder (*hing*): approx. 1/8 tsp

Roasted cumin powder: ½ tsp

Garam Masala: ½ tsp

Aamchoor (Dry Mango) powder: ½ tsp

Salt to taste

1. Boil the peas in just enough water to wet the peas with a pinch of salt until they are soft. (About 5 mins).
2. Using a food processor, make a coarse paste of the peas.
3. Heat 2 tsp of oil in a small *kadhai* / wok / skillet. Add cumin seeds, reduce heat and let it change colour without burning or turning black. Add grated ginger. You have to be careful to not let the cumin seeds burn otherwise it can add a bitter taste. Reduce heat or remove the pan from heat if needed. Add the asafetida and stir for a couple of seconds. Add the coarse peas paste, chilli powder and salt to taste.
4. Increase heat to medium, and continue to stir in order to reduce the moisture content of this mixture. When the mixture is almost dry (about 5 mins), add the roasted cumin powder, *garam masala* powder and *aamchoor* powder. Taste and adjust the taste to your liking. Continue frying for another 2 minutes and remove from heat.
5. Spread mixture on a plate to allow it to cool completely. This step is important to help you roll the pooris and make sure the filling doesn't come out when rolling.

Assembling it all together:

1. Now divide the dough into about equal size pieces. You should be able to make around 18 - 20 pcs. These are rolled thicker than the usual pooris so each portion must be a

little bigger than your usual Poori dough. To give you an idea, each pc weighed in between 20-25 gms.

2. Make a smooth ball with each pc of dough. Using your fingers and in a sort of pinching motion, press from the centre turning it around, creating a well to stuff the filling. Make sure you don't spread it too thin as this needs to be rolled flat and the stuffing should not come out.
3. Stuff around 1 tbsp or less of the prepared filling as shown in the picture. Seal it well. Take out a tbsp of the oil in a small bowl. Put a few drops of oil on the surface of the rolling surface (*Chakla*) to ensure it doesn't stick when rolling. We do not use flour to roll these as dry flour will burn very quickly [A tip I learned from my Mother-in-law].
4. Roll these into small but thick pooris about 10-12 cm in diameter, taking care not to let the filling come out. If the filling comes out, these will not fluff up as we want it to. This takes a little practice so don't be disappointed if you miss a few. Keep trying:)
5. Test the oil by adding a tiny pinch of dough, it should sizzle immediately and float up in the oil. Remove the test piece or you'll have a burnt piece of dough floating about.
6. Gently slide down the rolled *koraishootir kochuri* in to hot oil to deep fry them. With the back of the spatula, gently press these *kochuris* to help them fluff up. Once fluffed up, immediately turn them over so that both sides get cooked. Fry one piece at a time. You could roll a few and keep on standby while the oil is heating, but make sure you do not stack them. Instead, spread them on a plate separate from one another.

Keep adjusting the heat. If the oil becomes too hot, there are 2 things you can do:

- reduce the heat or remove from heat to gradually cool down the oil to bring to desired temperature.
- Add more oil. This will help to reduce the temperature of the oil.

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