

Phulkas

Written by Bhavesh Zaveri

Ingredients

Quantity	Measure	Ingredients	Description
0	Little	Dalda (Vegetable Ghee)	Vegetable shortening or lard
2	Teacup	Flour, Wheat - (Atta)	
0	Little	Salt	

Method

Mix salt and flour with a little water, and knead the dough, till it is soft. Keep it aside covered with a wet cloth, for one hour.

Then knead it again, till it becomes softer.

Take a handful, to make 2 cm balls and roll them with a little flour sprinkled on it before hand. Make a circular shape, of about 3 inch diameter. Note that with practice, you will develop the ability to roll it perfectly. In the beginning, even if the shape does not come correct, do not bother, as long as it is thin enough. (Try using the rim of any tin can of nestle milk tins or other similar products, by removing the top and bottom with a can opener, and use it as a cutting tool to make the round shapes, till you manage to do it by rolling.)

Now heat the [thawa](#) - griddle. Place the rolled Phulkas on it, and let it fry on the heat. If you have prepared a pressing pad, made of cloth, press the Phulkas lightly, by holding the pad in your hand. It will swell, and blister. Now start to fry from the other side.

Brush a little Dalda or other vegetable shortening or ghee on top of the Phulkas, and keep it aside, in a wicker basket.