DietCloud – Recipe

Recipe Name: Tawa Amritsari Kulcha Recipe

Diet Type:

Course: Side Dish

Cuisine: Punjabi

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Whole Wheat Flour	4
• 1/4 cup Curd (Dahi / Yogurt)	
• Salt - to taste	
• Sunflower Oil - for kneading as well	
• 2 Potatoes (Aloo) - skin peeled	
• 1 teaspoon Red Chilli powder	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Garam masala powder	
• 1 teaspoon Amchur (Dry Mango Powder)	
• 1 teaspoon Cumin powder (Jeera)	
• 1 Green Chilli	
• Salt - to taste	

Preparation

• To begin making the Tawa Amritsari Kulcha Recipe, we will add all the ingredients mentioned for the dough into one bowl and add water slowly according to your requirement to knead it into a soft and non-sticky dough.

• Add little bit of oil at the end and knead it for some more time till the dough becomes completely soft.

• Rest the dough by covering it with a damp cloth for atleast 10 minutes.

• Pressure cook the potatoes for about 5 whistle and mashe them, add all the spice powders and mix well to form the stuffing, check for salt as well.

• Once the dough is rested, heat a cast iron tawa pan.

• Pinch out a medium sized ball from the dough and flatten it on a floured rolling surface.

• Roll the dough little enough to keep the potato stuffing in the center, and bring all the edges to form the pleats and close it to form a modak.

• Make sure it is sealed properly and flatten it.

• Roll the dough flat and round, the thickness must be same as the tawa paratha.

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- Take some water in a bowl and brush it over one side of the rolled dough.
- Place the watered surface dough onto the tawa and sprinkle some coriander leaves and ajwain seeds on the other side, leave it for few seconds until you see some bubbles rising.

- Once you brown spots, take the kulcha out from the tawa and serve hot.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)