

Distributed by



Arima Discount Mart  
20 Hollis Avenue,  
Arima, Trinidad W.I.  
Tel: (868)667-2514  
Fax: (868)667-7867

*Traditional*  
**East  
Indian  
Recipes**

*with*  
**100% Pure Australian Cow Brand Shee**

*by*  
**Kumar  
Mahabir**



## » *PARATHA ROTI*

*This type of roti is known as "buss-up-shut" in Trinidad because of its resemblance to a tattered shirt. It is available at most Indian food outlets, some of which offer a catering service for weddings and other occasions. Paratha roti is enjoyed by Indians and non-Indians alike.*

## » *INGREDIENTS*

- 2 lbs / 900 grms white flour
- 6 tsp / 6 x 5 ml spoon baking powder
- 4 pot spoons / 200 mls vegetable oil or "**Cow**" **Brand Pure Ghee** (clarified butter)
- 2 tsp / 2 x 5 ml spoon vegetable oil
- 3 ozs / 75 grms margarine
- 1½ pts / 900 mls water (to knead flour)
- Pinch of salt

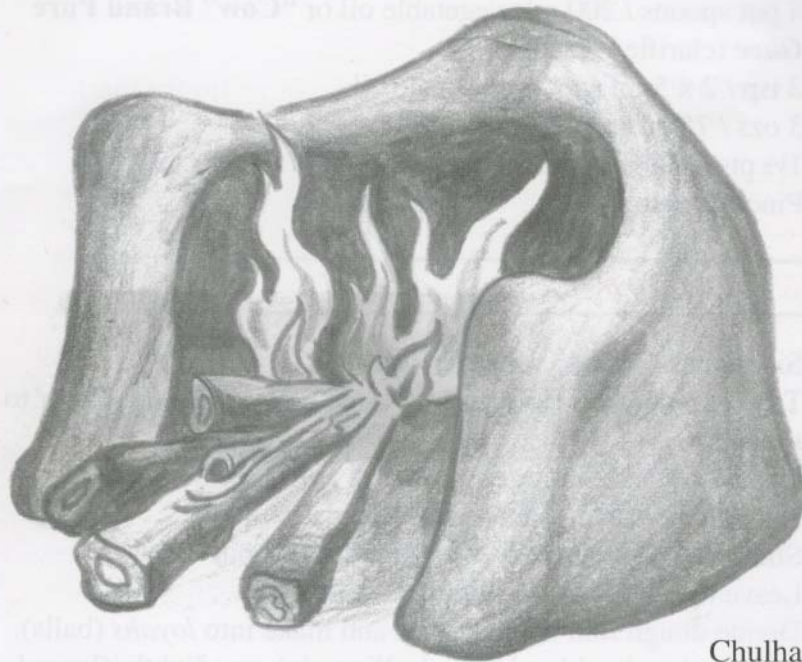
## » *METHOD*

- Sift flour in a large mixing bowl.
- Take out 4 ounces flour and set aside for *parthan* (dry flour to sprinkle).
- Combine flour, baking powder and salt in a mixing bowl.
- Knead with water to make soft dough.
- Smear dough lightly all over with 2 teaspoons of oil.
- Leave to rest for about 2 hours.
- Divide dough into 6 equal parts and make into *loyahs* (balls).
- Roll out *loyah* with a *bilnaa* (rolling pin) on a lightly floured board into a circle 5" in diameter and ¼" thick.
- Paste a little margarine to cover surface completely.
- Sprinkle a little flour.
- Cut a straight line from the centre to one end.
- Roll the end with hand in a clockwise direction making a cone shape. (Same method when making a croissant).



- Tuck in both ends and press flat.
- Leave to rest for 30 minutes.
- Put *tawa* (baking stone/iron griddle) to heat.
- Mix **“Cow” Brand Pure Ghee** and oil in a bowl.
- Roll out *loyahs* on floured board, to about  $\frac{1}{8}$ ” thick, and cook on *tawa*, turning both sides and basting with oil and **“Cow” Brand Pure Ghee** mixture using a *puchara* (basting stick).
- Place on a clean kitchen cloth and “pound up” with hands or end of *bilnaa* until partially broken up into strips.

Serves 6-8 persons.



Chulha





## » *ROAT*

*This unique type of Indian pancake is prepared only for Hanuman puja [Hindu ceremonial worship in praise of the god of the wind]. It is broken up into pieces and offered as an oblation to the deity, and then to guests.*

## » *INGREDIENTS*

- 8 ozs / 225 grms sifted white flour
- 6-8 ozs / 175-225 grms brown sugar
- ½ pt / 200 mls chilled evaporated milk
- 4 tsp / 4 x 5 ml spoon **“Cow” Brand Pure Ghee** (clarified butter)
- 4 ozs / 100 grms **“Cow” Brand Pure Ghee** (to fry roat)

## » *METHOD*

- Dissolve sugar in milk and set aside.
- Sift flour in mixing bowl.
- Rub in 4 teaspoons **“Cow” Brand Pure Ghee** with flour.
- Knead flour with milk mixture to make fairly stiff dough.
- Leave to rest for 5-10 minutes.
- Divide dough into 10 small balls.
- Heat 4 ounces **“Cow” Brand Pure Ghee** in an iron pot.
- Flatten balls with hands (to resemble a pattie) and fry on low heat until golden brown.

Makes 10 *roat*.



» **SOHARI**

*Sohari is prepared especially for Durga puja [Hindu ceremonial worship in praise of the Goddess of the Universe]. In Guyana, this small fried pancake is called "puri" and is made in large quantities and served to guests during grand Indian functions.*

» **INGREDIENTS**

- 4 ozs / 100 grms white flour
- 1 tsp / 1 x 5 ml spoon **"Cow" Brand Pure Ghee** (clarified butter)
- 2-3 ozs / 50-75 grms **"Cow" Brand Pure Ghee** (to fry)
- 1 pot spoon / 50 mls water

» **METHOD**

- Sift flour in mixing bowl.
- Rub in **"Cow" Brand Pure Ghee**.
- Knead mixture with water to make a soft dough.
- Divide dough into 5 equal parts and make 5 *loyahs* (balls).
- Heat 2-3 ounces **"Cow" Brand Pure Ghee** until piping hot.
- Roll out *loyahs* thinly (about 4" in diameter) on a flat, floured surface.
- Fry in **"Cow" Brand Pure Ghee** for ½ minute on each side. (Do not allow to turn brown).

Makes 5 *sohari*.

Serve with *lupsee* and /or *kheer* (sweet rice / rice pudding).

