

Recipe by
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Bolani – stuffed flat-bread



Ingredients

Dough:

1 cup (240 ml) lukewarm water

1½ tablespoons (22 ml) vegetable oil

1½ teaspoons (9 g) salt

½ teaspoon active yeast

3 cups + 1 tbsp (420 g) bread flour

Stuffing:

1kg of boiled potatoes

spring onion

coriander leaves and seed

chilli, turmeric

salt, pepper



Preparation

Pour water into a large bowl, and add oil, salt and yeast. Mix. Knead the dough for 3 minutes until it is soft and elastic. Add a little more flour if the dough seems too sticky. Cover the bowl with a damp cloth and set aside at room temperature for 30 minutes. Prepare the stuffing in the meantime.

Peel the potatoes and cook them in a large pot until tender. Drain. Place the potatoes, chopped spring onions, coriander, chilli, ground coriander, salt, turmeric and pepper in a large bowl. Mash with a fork or potato masher. Divide the dough into eight pieces. Make balls. Dust each ball with flour. Dust your pastry board with flour and roll out each ball into a thin circle of about 20 – 22 cm in diameter. Ideally, the thickness should be similar to a tortilla.



Gently lift the rolled-out dough and dust the board heavily with flour before putting the stuffing. Spread 1/3 cups of the potato filling over half of the pastry, leaving a one-centimetre border along the edge. Dip your fingers in water and spread the water along this edge but only on one half of the circle. Fold the dough in half to make a crescent shape. Squeeze the air bubbles out, then press the edges with your fingers to close the bolani.

Pour 5 ml of oil into a large pan and place it over a medium heat. When the oil is hot, put the bolani in the pan. Fry for 2 – 3 minutes. Using a silicone pastry brush, distribute a little oil over the top of the bolani. 11. When the bottom is golden, turn over and fry the other side until golden. Transfer to a grid to cool. Cut the bolani into triangles and serve with green chutney.

