

# Himilayan heritage bread

Chef Surendra Rawat



## Ingredients

- 1/2 cup ragi flour  
*millet flour*
- 1 cup whole wheat flour
- 3/4 cup water
- 1/2 cup black lentils soaked overnight in room temperature water
- Pinch of red chili powder
- Pinch of ajwain *caraway seeds*
- Salt to taste
- 1 teaspoon chopped cilantro
- 1/2 teaspoon garlic minced

## Instructions

Step 1: soak the black lentils in water overnight

Step 2 prepare the dough

Mix 1/2 cup of ragi flour with 1 cup of whole wheat flour

Gradually add 3/4 cup of water (or as needed)

And knead to form a smooth dough

Check the dough — it should be soft not too hard and you should be able to flatten the dough

Flatten with a rolling pin and add more water as needed.

Step 3 prepare the stuffing

Drain the soaked lentil and grind, mix with chili powder, ajwain, and salt, chopped cilantro and garlic.

Step 4

Assemble the roti

Divide into 6-8 balls -flatten each ball slightly, add stuffing and seal

Flatten the sealed dough again with a rolling pin to make a roti shape

Step 5 cook the roti

Cook on a hot plate or griddle for 1-2 minutes.



# Mushroom Masala:

Chef Surendra Rawat



## Ingredients

1. Oil
2. Mustard seeds
3. Garlic
4. Onion
5. Salt
6. Red chili powder
7. Kitchen king powder
8. Turmeric
9. Coriander powder
10. Tomatoes
11. Mushrooms
12. Green chilies

## Preperation

Onion:

*Slice into thin rings*

Mushrooms:

*Slice into thin pieces*

Green chilies:

*Chop finely*

Garlic:

*Mince*

Tomatoes:

*Slice into thin wedges or rings*

## Steps

1. Heat oil, add 1 tsp mustard seeds. When they splutter, add minced garlic and sauté until light brown.
2. Add sliced onion and sauté for about 1 minute, until they start to soften.
3. Mix in spices (salt, red chili powder, kitchen king powder, turmeric, coriander powder) and cook for about 1 minute, until fragrant.
4. Add sliced tomatoes and mushrooms, cover, and cook on medium flame for 10 minutes, stirring occasionally.
5. Serve hot and enjoy this delicious Mushroom Masala, a culinary gem from the Western Himalayas!

