

Spiced potato stuffing for Indian breads

MAKES 10–12 BREADS



From the garden

potatoes, mint, flat-leaf parsley, coriander



Extra equipment

- ☐ Mortar and pestle, food processor or Nutribullet



Ingredients

1 quantity Naan dough (page 208), rolled into 10 balls, or 1 quantity Pita bread dough (page 209), rolled into 10–12 balls

Semolina flour, for dusting

Olive oil, for frying

Stuffing

1 teaspoon cumin seeds

3 all-purpose potatoes (about 350 g), peeled

1 small handful of mint leaves, finely chopped

1 small handful of flat-leaf parsley leaves, finely chopped

1 small handful of coriander leaves and stems, finely chopped

1 teaspoon olive oil

½ teaspoon ground turmeric

½ teaspoon chilli flakes or chilli seeds, or ½ finely chopped red chilli

1 tablespoon garam masala

1 teaspoon salt

Freshly ground black pepper

This potato stuffing, made using herbs from the garden, is a popular filling in the Indian leavened bread naan, but it is also absolutely delicious as a topping with other flatbreads. Naan takes longer to prove than pita bread, so I wanted to make it possible to use this stuffing recipe in the Kitchen Garden classroom. Therefore, although not traditionally correct, or culturally accurate, I suggest that this delicious stuffing could also be used to fill the pita bread on page 209, which can be achieved within an hour. I hope Indian students will forgive me.

Toast the cumin seeds in a dry heavy-based frying pan over low heat for 3–4 minutes until they smell fragrant. Allow to cool a little, then grind the seeds in a mortar and pestle, food processor or spice grinder. Set aside.

Follow the recipe for naan or pita bread up to the point of having formed and rested the balls of dough.

While the shaped dough balls are resting, make the stuffing.

Fill a saucepan with cold water and add the potatoes. Bring to the boil and cook until quite tender, about 15 minutes. Transfer the warm potatoes to a large bowl and crush with a potato masher or a fork to a rough puree. Add the remaining filling ingredients and mix well. Taste for seasoning, then set aside to cool.

Pick up one ball of dough and push your thumb into it to make a deep hollow. Press about 1 tablespoon of the stuffing into the hollow, then pull the dough over the filling to enclose it, pressing the edges well to seal in the filling. (This is not hard to do as both the pita and naan doughs are very elastic and stretch easily.)

Sprinkle your work surface and rolling pin with the semolina. Gently roll the ball into a disc about 5 mm thick. Repeat with the remaining balls.

Select a frying pan wide enough to take three or four of the stuffed breads at a time. Heat a few drops of oil in the frying pan and cook a batch of stuffed breads over high heat for 2 minutes each side. The breads will colour unevenly and the edges will look a bit crisp. Cook the remaining breads – you may need to add a little extra oil for each batch.

Stack the cooked breads on a plate. The breads are best eaten straight away. But the cooled, stuffed breads can also be frozen. To use, simply sprinkle with a little olive oil and heat them straight from the refrigerator or, if still frozen, cook them in a 180°C (160°C fan-forced) oven for about 10 minutes.

Oven bake 31
Naan bread
and spread on
potato mix