

PURAN POLI RECIPE

by Chaitrali S Chitre

On the auspicious occasion of Holi in Maharashtra and Karnataka, a traditional special sweet is made which is also put as an offering to the God into the lit Holi (Born Fire). It is called Puran Poli. It simply consists of two ingredients. Puran is made out of jaggery and chana dal or chickpea split lentils. Poli means Chappati in which you stuff the Puran and roll the Poli like Chappati.

Making Puran is a quite time consuming and multi-step process authentically. But we can make Puran in a microwave in 30 minutes depending on your microwave settings and watts.



INGREDIENTS

For Making Puran (Stuffing)

- 1 cup Split Chana Dal
- 2 1/2 cups Water
- 1 cup grated Jaggery / Gul
- 1/4 tsp Nutmeg powder
- 1/2 tsp Cardamom powder

For Making Poli (Dough)

- 1 cup Refined Flour
- Salt
- 1/3 Cup Water
- 1/3 Cup Oil
- Ghee

METHOD

Making Puran

1. Wash chana dal and soak dal in water for 6 hours.
2. Then put soaked into pressure cooker along with water in which dal was soaked.
3. Pressure cook dal until 3 to 4 whistles.
4. Once dal is cooked completely, drain all excess water and take potato masher and mash dal well, to make it very soft and smooth or grind it slightly in veggie cutter or grinder or food processor.
5. Now take mashed dal in to microwave safe bowl, add jaggery to it and mix well.
6. Microwave dal on high power for 5 minutes.
7. After 5 minutes, take the bowl out from microwave and mix well.
8. Repeat this until the mix has lost moisture. Twice for 3 minutes each.
9. Remove bowl and again give that a good mix.
10. Add cardamom powder, nutmeg powder and mix well.
11. Puran is ready.

Notes

- Everyone's microwave is different, so try to adjust cooking time accordingly.
- Puran stays good in refrigerator up to a week and ready Puran Poli stays good for a week. But if you deep freeze, it will stay for months.

Making Poli

1. Put flour in a bowl.
2. Add salt, water and oil and mix.
3. Add some more water if needed and knead into a soft dough.
4. Cover with damp muslin cloth or lid.
5. Set aside for 15 minutes.
6. Dust the worktop with some flour and knead the dough again.
7. Divide the dough into equal portions. In a small size of a tennis ball.
8. Make a cavity in the center of each portion, put a portion of Puran, seal, shape into balls.
9. Slightly flatten, dust the worktop with some flour and roll out each portion into circular Chappatis.
10. Heat a non-stick pan.
11. Place each Puran Poli and roast from both sides till golden brown.
12. Add with some ghee and serve hot.



Notes

- The stuffed dough is very delicate. Apply very little pressure and roll the Chappatis gently to make a medium circle.
- Roast the Puran Poli on medium flame to avoid burning.
- Flip the Puran Poli gently as it may break in the process.
- Handle it with care and love to make a lovely finger-licking delicacy.