

DOUBLES (BARA AND CURRIED CHANNA)

BARA

You will need:

- ✓ 2 cup flour
- ✓ ½ tsp CHIEF salt
- ✓ 1 TSP CHIEF saffron powder
- ✓ ½ tsp. CHIEF ground geera
- ✓ 1 tsp yeast
- ✓ 1/3 cup warm water
- ✓ ¼ tsp sugar
- ✓ Water
- ✓ Oil for frying

FILLING

You will need:

- ✓ ½ lb. channa (soaked overnight)
- ✓ 1 ½ tbsp. CHIEF curry powder
- ✓ 3 cloves garlic, minced
- ✓ 1 onion sliced
- ✓ Salt and hot pepper
- ✓ 1 tbsp. corn oil
- ✓ Pinch of CHIEF ground geera
- ✓ CHIEF pepper sauce

How to Prepare:

1. In a large bowl, combine flour salt, saffron, geera
2. In a small bowl place warm water, sugar and yeast, allow to rest for about 5 min. until dissolved
3. Add yeast mixture to flour and enough water to make a slightly firm dough. Mix well. Cover with a damp cloth and allow to rise for 1 ½ hours
4. Boil soaked channa with salt and ½ tbsp. curry powder until tender. Drain channa
5. Heat oil in a heavy skillet or iron pot add garlic, onion and 1 tbsp., curry powder mixed with ¼ cup water; sauté for a few min
6. Add channa, stir to coat well and cook for 5 min; add 1 cup water, geera, salt, pepper, cover. Lower heat and simmer until peas are very soft. Add more water if mixture burns, but when channa is finished. It should be soft and moist. Season to taste with salt, if necessary
7. Dough should be punched down and allowed to relax for 10-15 mins
8. To shape bara, take about 1 tbsp. of dough. Pat with both hands to flatten to a circle 4 or 5" in diameter. Use water to moisten palms of hands as dough might stick to hands
9. Fry in hot oil , turn once and drain on kitchen paper
10. When all are cooked fill with channa by placing 2 tbsp. cooked channa on a bara and cover with another bara. Pepper sauce or mango chutney goes well with it.