

## GOBI SABJI with FRESH ROTI

¼ regular onion, diced  
¼ red onion, chopped  
2 Clove garlic, minced  
1 Piece ginger, minced  
10 ml turmeric  
5 ml salt  
3 ml fennel seed  
2 ml cumin seeds  
5 ml coriander seeds  
25 ml tomato paste  
10 ml tandoori paste  
50 ml vegetable oil  
¼ large cauliflower, broken down into pieces  
1 small potato, peeled and cubed  
½ fresh field tomato, diced  
100 ml water, more if needed  
Extra salt and pepper to taste or a little sugar if needed  
Plain yogurt and fresh cilantro garnish

Roti: 500 mL of sherata white whole wheat flour  
225 mL of water

Put 25 mL of the vegetable oil in the bottom of a medium pot. Warm the oil and on med heat add the garlic, ginger, cumin seeds, fennel seeds and coriander seeds. Cook 30 sec then add the onions and cook for a few minutes more.

Once the onions are half cooked add the turmeric, garam masala and cumin and cook for 1 min. Add 25 mL of the tomato paste and the tandoori paste, cook for 1 min, then add the chopped tomato, the potato and about 100 ml of water.

When the potatoes are semi-cooked add the cauliflower. Slowly cook it, adding about 5 ml of extra oil every few minutes. Continue to add small amounts of oil until the cauliflower is cooked through. Add small amounts of cilantro to the mixture and serve on roti with a dollop of yogurt!

**FOR THE ROTI:** In a medium bowl mix together the sherata flour and the water to form a dough. Add more water if needed but it should not be sticky. Let the dough rest for 5 mins. Separate the dough into 8 balls. Sprinkle the counter with the sherata flour and roll the dough balls into circles. Cook them in a hot dry pan by cooking one side first and then once you flip it use a ball of paper towel to press on the roti until it begins to puff, After about 1 min remove from the pan and spread with butter.