

BENGALI PITHA (PIE)



PATISHAPTA PITHA

FOR THE FILLING:

Ricotta cheese 1 tub
Condense milk 1 can
Sugar 2 tsp
Rice flour 2 tsp
Semolina 2 tsp
Ghee 2 tsp
Shredded coconut 1
Cardamom freshly ground 10 pods

Steps:

Pour ghee in a pan and fry semolina and rice flour until they are golden brown. Mix the ingredients all together and put it on stove and stir continuously for an hour until it is semisolid.

When it is sticky and semisolid, it is ready as a filling.

FOR THE WRAPPER:

Rice flour 1/2 lb
All-purpose flour 1/2 lb
Salt a pinch
Sugar 1 tsp
Lukewarm water 1/2 litter
Oil or butter 1 cup

Steps:

Mix the ingredients together and allow them to sit for 1/2 hour. Heat a nonstick frying pan. Soak a brush with oil or butter and brush the frying pan. Take one big spoon of batter and pour on the frying pan. Then spread out by holding the handle. When the bottom layer get brownish it will be done Then put the filling and wrap it.



BHAJA PITHA

FOR SHELL:

Shell 1-
1/2 cup Moong dal
Rice flower 1 cup
A pinch of salt

Shell 2-
Boiling water
All-purpose flour

Steps:

Boil 3 cups of water in a pan. Add 1/2 cup of Moong dal and boil on medium heat for 15 mins and let the dal get tender. Then add a pinch of salt and the rice flour. Cover the pot with a lid for a min. Then mix it all together. Let it cool and knead it to make a nice dough.

Flatten the dough with a rolling pin. Using steel glass, cut into small round pieces. Place the cooked lentils, 1/2 tsp on round small bread and cover with the other. Press the edges and design it accordingly.

LENTIL FILLINGS:

1 cup of urad dal
1 big purple onion, finely chopped
6 pods of garlic, chopped finely
3 green chilies finely chopped
1/2 tsp whole cumin
1 tsp whole cumin roasted and grounded
Turmeric, a pinch
Red chili, a pinch
Canola or vegetable oil for frying

Boil four cups of water in a pan. Then add roasted urad dal and boil on medium heat for 20 mins or until it gets tender. Then pour 4 tsp of oil in a pan and fry onion until it gets golden brown. Then add garlic and fry for a min. Add whole cumin. Cook for about 30 seconds, and then add the remaining spices and cooked dal. Continuously stir until it has a semisolid consistency.