



BOLANI WITH CHAKKAH by Common Ground Project

Common Ground Project is a not-for-profit organic farm located in Freshwater Creek that runs programs to support the wider region through education and employment in food and farming.

Last year, **the Give Where You Live Foundation granted \$35,964 to the Common Ground Project** to assist participants in developing employable skills in the hospitality and agricultural sectors while supplying emergency food relief to those experiencing food insecurity through their Staying Grounded project.

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project



BOLANI WITH CHAKKAH

Recipe provided by Common Ground Project

Bolani is a stuffed, pan-fried flatbread popular in Afghan cuisine. It is made with unleavened dough that is typically filled with a mixture of potato mash and various other ingredients such as spinach, spring onions and traditional gandana (garlic chives). In Afghanistan, bolani is not only a popular street snack but it is also often prepared at home and usually served as a side dish.

It is traditionally enjoyed warm, accompanied by a creamy, mint-flavoured Afghan yoghurt dip called Chakka.

INGREDIENTS

Dough

- 1 cup lukewarm water
- 1½ tbsp olive oil
- 1½ tsp salt
- ½ tsp active yeast
- 3 cups + 1 tbsp bread flour

Filling

- 2 large potatoes, peeled, cut into 1 cm cubes
- 1 cup sliced brown onion or spring onion
- 1 cup chopped spinach
- 1 cup fresh coriander, chopped
- 1 green chilli pepper, minced
- 1 tsp ground coriander
- 1 tsp salt
- ½ tsp ground turmeric
- ½ tsp ground black pepper
- 2½ tbsp olive oil, for frying, divided

Yoghurt Sauce

- 1 cup Greek Yoghurt
- 1 clove of garlic, finely minced
- 2 tbsp fresh mint, finely chopped

- 1 Add the water, oil, salt, and yeast to a large bowl. Stir, and then add the flour. Mix well. Knead the dough for 3 minutes, or until soft and elastic. Add a little more flour as needed if the dough feels too sticky to work with. Cover the bowl with a damp cloth and let it rest for 30 minutes at warm room temperature while preparing the filling.
- 2 Cook the potatoes in a large pot of boiling water for 15 minutes, or until the potatoes are fully cooked through. Then drain. To a large bowl, add the drained potatoes, green onion, spinach, coriander, chilli, ground coriander, salt, turmeric, and pepper. Use a fork or potato masher to mash everything. It's okay if a few lumps remain!
- 3 To prepare the yoghurt sauce, mix the yoghurt and the garlic in a bowl. Do not beat. Cover and refrigerate until required. (Just before serving, stir in the salt and half the chopped mint)
- 4 Cut the dough into 8 pieces. Roll each piece into a ball with your hands. Dust each ball with flour. Sprinkle some flour on your working surface and use a rolling pin to roll each ball into a thin circle with a diameter of roughly 20 - 22 cm. Aim for a thickness similar to that of a tortilla. The thinner the better, but not so thin that it will break easily.
- 5 Before adding the filling, gently lift the rolled-out dough and heavily re-flour your working surface. Spread ⅓ of a cup of the potato filling over half of the dough, leaving a 1 cm border along the edge. Dip your fingers in water and spread the water along this edge, only on one half of the circle. Fold the dough in half, over the filling, to create a half-moon shape. Press out all the air bubbles, then pinch the edges with your fingers to fully seal the bolani.
- 6 Add 1 tsp of oil to a large pan over medium-high heat. When the oil is hot, add the bolani to the pan. Let cook for 2 - 3 minutes or until the bottom is golden. Meanwhile, use a silicone pastry brush to brush some more oil on top of the bolani. When the bottom is golden, flip, and let cook on the other side until golden. Then transfer to a cooling rack.

Cut the bolani in triangles and serve with yoghurt. Please enjoy!



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