

Bolani Gandana

Serves 6



Ingredients for dough

- 1 kg plain flour
- 1 1/2 tsps active dry yeast
- 1 tbsp salt
- Warm water as needed

Ingredients for filling

- 3 medium potatoes, peeled, boiled and roughly mashed
- 1 large brown onion, finely chopped
- 4 spring onions, finely chopped
- 750 g leek, root end finely sliced
- 250 g garlic chives, finely sliced
- 1 cup green peas
- 3 large green chillies, finely chopped
- 1 tsp salt
- ½ tsp freshly ground black pepper
- 1 tbsp vegetable oil plus extra oil for shallow frying

Instructions for filling

- Wash hands thoroughly.
- Heat a frying pan and add 1 tbsp of vegetable oil.
- Add the onion and cook slowly until golden brown.
- Add the salt, pepper and green chillies. Stir and cook for 1 minute.
- Add the spring onions, leek, chives and mashed potato.
- Mix well and put aside for 5 minutes to cool.

Instructions for dough

- Wash hands thoroughly.
- Place flour, yeast and salt in a large mixing bowl and gradually add warm water, mixing with your hands until mixture becomes doughy.
- Leave the dough to settle for 60 minutes.
- Separate dough into large handfuls and roll each one into a ball shape.
- Scatter some flour on the bench surface and roll the balls flat with a rolling pin, keeping the circular shape.
- Place a spoonful of filling on one side of the rolled dough.
- Using the back of the spoon, spread the mixture evenly across one half of the dough circle.
- Fold the other half over the top of the mixture to form a semi-circle and pinch the open side with your fingers to seal the Bolani.
- Pat down and sprinkle with a little extra flour.
- Heat oil in a pan.
- Place the Bolani in the pan one at a time, and shallow fry for 2 to 3 minutes on each side until golden brown.
- Drain on paper towel to remove excess oil.
- Serve with spicy chutney and Afghan yoghurt drink "dough": a mix of yoghurt, peppermint, mint, cucumbers, salt and water.

Variations on this recipe:

Fillings can be substituted according to taste, for example, substitute chives and leek with 1 kg of fresh gandana (Afghani leek) finely sliced. Leftovers can be reheated in the oven the next day or eaten cold.