



## Taste & Trails

### Delightful Bread Rolls



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### Rediscovering Childhood Flavors: Prishika's Special Bread Rolls

Prishika is back on our screens with a delightful new recipe that promises to rekindle childhood memories and tantalize your taste buds! Today, she will share a special dish inspired by her mother's cooking, a dish that holds a special place in her heart. This bread roll recipe is perfect for those moments when you want to avoid garlic and onions during festive times, particularly during Navratri or Sawan.

#### The Essence of Nostalgia in Cooking

In India, there are times when families avoid certain ingredients like onions and garlic for cultural or religious reasons. During these periods, it can be challenging to find meals that are both satisfying and enjoyable for children, who often crave flavorful, tangy dishes. Prishika recalls how her mother would make bread rolls for her, a comforting treat that always lifted her spirits.

Prishika emphasizes the importance of food that connects us to our childhood. Bread rolls are not just a recipe; they represent love, care, and nostalgia. Today, she'll be preparing these rolls using **Ganesh Marka Mustard Oil**, which she recently discovered and absolutely loves. This oil brings a unique flavor to the dish that reminds her of her roots.

#### Ingredients for Prishika's Bread Rolls

To recreate this delectable dish, gather the following ingredients:

- **12 to 15 slices of brown bread** (white bread can also be used, but brown bread is healthier)
- **500 grams boiled potatoes**
- **1 tablespoon aamchur powder** (dried mango powder)
- **Salt** (to taste)

- **3 to 4 green chilies**, finely chopped (red chili powder can be added for extra heat, according to taste)
- **Peanuts** (for crunch)
- **Ganesh Marka Mustard Oil** (for frying)

## Step-by-Step Guide to Making Bread Rolls

Prishika begins the cooking process by preparing the potato filling, a crucial element of the bread rolls. Follow her simple steps to create this delicious dish:

### 1. Prepare the Potato Mixture

- **Mash the Potatoes:** Take the boiled potatoes and mash them thoroughly in a bowl. Ensure there are no lumps.
- **Add Spices:** Once the potatoes are smooth, add the finely chopped green chilies, aamchur powder, and salt. Mix everything until well combined.
- **Roast the Peanuts:** In a separate pan, heat a little **Ganesh mustard oil** and roast the peanuts until they are golden brown. This step enhances the flavor and crunchiness of the peanuts. Once done, add them to the potato mixture and combine everything well. Your filling is now ready!

### 2. Prepare the Bread

- **Soak the Bread:** Take the slices of brown bread and gently soak each slice in water for a few seconds. Be careful not to make them too soggy; just enough to soften them for rolling.
- **Shape the Rolls:** Take a soaked slice of bread and place a generous amount of the potato mixture in the center. Roll the bread around the filling, pressing gently to form a roll. Ensure the edges are sealed to prevent the filling from spilling out during frying. Repeat this process for all the slices.

### 3. Frying the Rolls

- **Heat the Oil:** In a frying pan, pour enough **Ganesh Marka mustard oil** to submerge the rolls. Heat the oil on medium flame until it's hot but not smoking.
- **Fry the Rolls:** Carefully place the prepared bread rolls in the hot oil. Fry them until they turn golden brown and crispy on all sides. Make sure to turn them occasionally for even cooking. This process should take about 4-5 minutes.
- **Drain Excess Oil:** Once cooked, remove the rolls from the oil and place them on a paper towel to absorb any excess oil.

## Serving Suggestions

Prishika suggests serving these crispy bread rolls with a variety of dips to enhance the flavor. Here are some options:

- **Coriander Chutney:** A fresh and tangy accompaniment that complements the rolls beautifully.
- **Tomato Sauce:** A classic choice for a quick and easy dip.
- **Spicy Tamarind Chutney:** For those who love a sweet and tangy flavor.

These bread rolls make a perfect snack for kids, especially in their tiffin boxes. They are not only tasty but also filling, making them an excellent option for lunch or an after-school treat.

## **Conclusion: A Dish for Every Occasion**

Prishika's bread rolls are not just a recipe; they are a testament to the love and creativity that goes into cooking. They evoke memories of childhood and family traditions, making them perfect for festive occasions or simple family meals.

As Prishika taste-tests her creation with her elder brother, he enthusiastically agrees that the dish is indeed delicious. He notes that it's a great option for during Navratri and other festival.

Stay tuned for more delightful recipes from Prishika, and remember to try this bread roll recipe at home. It's easy to make, packed with flavors, and sure to bring a smile to everyone's face. Until next time, happy cooking!

