

Bolani Recipe

Yield: 12 bolani

Ingredients

6 cups all-purpose flour

2 teaspoons salt

4 teaspoons canola oil, additional oil for frying

2 1/2 cups + 1-2 Tablespoons warm water

1 1/2 cups filling (either Pumpkin Bolani Filling, Potato Bolani Filling, or Leek Bolani Filling)



Instructions for Adults

Assist with supervision of safe knife skills and stovetop.

Instructions for Kids

- Add flour, salt, and 4 teaspoons of oil into a large mixing bowl. While mixing with a wooden spoon, add 1/2 cup warm water, adding more water 1/2 cup at a time until it binds. You'll use about 2 1/2 cups plus 1-2 Tablespoons of water. This is a soft dough, but not sticky. Knead for 2 minutes in the bowl.
- Cover with a dry towel. Let rest for 30 minutes.
- Flour a flat surface. Divide dough into 12 even-sized balls (about 1/2 cup each). Cover with a towel and let rest on the flat surface for another 30 minutes.
- Heat skillet or frying pan over medium heat. On a flat surface, use a rolling pin to roll one ball of dough at a time into a thin round, about the thickness of a tortilla.
- Spread a thin layer of filling (either Pumpkin Bolani Filling, Potato Bolani Filling, or Leek Bolani Filling), about 2 Tablespoons, on top of half of the rolled dough. Fold in half to seal. Pat firmly to seal.
- Add 2 Tablespoons oil to the frying pan. Carefully add the stuffed, uncooked bolani. Cook until golden brown, about 1-2 minutes. Turn with tongs and cook 1-2 minutes on the second side until golden brown.
- Continue rolling, filling and frying bolani one at a time until they are all cooked.
- Serve with Mint & Cilantro Yogurt Dipping Sauce.

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Potato Bolani Filling Recipe



Yield: approximately 3 cups

Ingredients

3 medium potatoes, peeled, boiled and grated
1/2 large onion, minced
1 bundle green onion, diced (about 1/2 cup)
1/2 cup cilantro, chopped
1 fresh tomato, puréed
1 Tablespoon black pepper
1 Tablespoon ground coriander
1 teaspoon cumin seeds
Salt to taste

Instructions for Adults

Assist with supervision of safe knife skills and stovetop while boiling potatoes.

Instructions for Kids

Combine all ingredients in a medium mixing bowl. Stir to combine. Set aside to use as filling for bolani.

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Mint & Cilantro Yogurt Dipping Sauce Recipe



Yield: 1 cup

Ingredients

- 3 cloves garlic
- 7 large mint leaves
- 1 jalapeño (optional)
- 1 cup cilantro
- 1/2 teaspoon salt to taste
- 2 Tablespoons water
- 1/2 cup strained yogurt or Greek yogurt

Instructions for Adults

Assist with supervision of safe knife skills.

Instructions for Kids

Purée the garlic, mint, jalapeno, cilantro, salt and water in a blender until smooth. Add yogurt and mix again only until combined, about 10-15 seconds. Serve with fresh bolani.

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Pumpkin Bolani Filling Recipe

Yield: approximately 3 cups

Ingredients

3 cups butternut squash, peeled and grated

1 white onion, minced

1 jalapeño, diced (optional)

Salt & pepper to taste



Instructions for Adults

Assist with supervision of safe knife skills.

Instructions for Kids

Combine all ingredients in a medium mixing bowl. Stir to combine. Set aside to use as filling for bolani.

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Leek Bolani Filling Recipe

Yield: approximately 3 cups



Ingredients

- 1 Tablespoon canola oil
- 3 leeks, chopped or 1 bundle traditional gandana, or Afghan leek/chives
- 1/2 jalapeño, minced (optional)
- Salt to taste

Instructions for Adults

Assist with supervision of safe knife skills and stovetop

Instructions for Kids

Heat 1 Tablespoon canola oil over medium heat in a sauté pan. Add leek and jalapeno. Sauté until just soft and bright green, about 2-3 minutes. If using traditional Afghan chives, skip the sauté step (these are less tough than traditional leeks).

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