



List of Supplies Needed

Bolani Recipe

General

- Recipe
- Apron

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring cups & spoons
- Large mixing bowl
- Wooden spoon
- Tea towel
- Skillet or frying pan
- Rolling pin
- Tongs
- Blender
- Stovetop

Food & Produce

Bolani

- All-purpose flour
- Salt
- Canola oil
- Warm water

Potato Filling

- Potatoes
- Onion
- Green onion
- Cilantro
- Tomato
- Black pepper
- Ground coriander
- Cumin seeds
- Jalapeno (optional)

Pumpkin Filling

- Butternut squash
- White onion
- Jalapeno (optional)

Leek Filling

- Gandana or Afghan leek/chives
- Jalapeno (optional)

Dipping sauce

- Garlic
- Mint leaves
- Cilantro
- Strained or Greek yogurt
- Jalapeno (optional)

