

# YOUNG SINDHI ADULTS

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## Turn up the Heat !: How to make Lolis

A **Loli**, also called a *Koki*, is a thick unleavened bread cooked on a skillet. It is commonly eaten for breakfast and makes a great snack with Indian chai. Lolis are also commonly served with plain yogurt sprinkled with salt and black pepper.

There are different variations of Lolis. The most common **Loli** recipe combines the wheat dough with, onions, cilantro and green chilis. A simpler **Plain Loli** combines the wheat dough with only salt and black pepper. Those with a sweet tooth, can also add sugar to the wheat dough to make a **Lolo**, which is a sweet version of the Loli.

### Loli

#### **Ingredients:**

2 cup wheat flour  
2 large onions, finely chopped  
4-5 green chilis, finely chopped  
1 bunch cilantro, finely chopped  
2 1/2 Tbs. ghee or oil  
1 tsp. cumin seeds  
1 tsp. pomegranate seeds  
2 tsp. salt (or to taste)  
Water (as needed)

### Lolo (Sweet Loli)

#### **Ingredients:**

2 cups wheat flour  
2 1/2 tsp. of ghee or oil  
1/4 - 1/2 cup of sugar (as needed)  
Water (as needed)

### Plain Loli

#### **Ingredients:**

2 cups wheat flour  
2 1/2 tsp. Ghee or oil  
2 tsp Salt (or to taste)  
2 tsp. Black Pepper  
Water (as needed)

#### **Method:**

1. Combine all ingredients **except for water** in a large bowl.
2. Mix well and add very little water, starting with 1/4 cup, and then as needed to make a stiff dough.
3. Warm up your tawa (griddle) on medium-low heat.
4. Take a lump of the dough and knead into a ball, about the size of a golf ball.
5. Flatten the ball on a board dusted with flour and roll into a flat circle about 6 inches in diameter. The circle should be about 1/8 inch thick.
6. Add about 1 tablespoon of oil to a warmed (tawa) and shallow fry on each side until golden.
7. Repeat the process for the remaining dough.

Servings: 5-6 Lolis

Preparation & Cooking Time: 45 minutes