



Thanjai

## Kothu Parotta

**Street food is a significant part of India's culture. If you find yourself ever roaming through the busy streets of a small town or a big city in India, there is bound to be a food stall nearby with all of the most authentic and delicious local food in stock. Watching your food made on a sizzling hot stove, the heat waves keeping you toasty on a brisk summer or winter night, with the bustle of India's busy streets in the background - now that is a special dining experience. The flurry of spices keep you on your toes, eager to begin diving into the meal before it even leaves the stove!**

The range of dishes in stalls vary upon region as different populations of people have distinct taste preferences and ingredients easily available to them. That being said, one of the most common street foods in South India is the mouth-watering kothu parotta, everyone's go-to for a quick and tasty meal. Kothu parotta is also known as kottu roti in Sri Lanka, and has its origins in the Sri Lankan Tamil community.

Though street stalls are not a common occurrence here in Canada, that doesn't mean you still can't enjoy dishes like kothu parotta all over Montreal! Check out some of Montreal's best South Indian restaurants to go try out kothu parotta, or any other of your favorite street food.

### **What is Kothu Parotta, you ask?**

Let's break it down:

"Kothu" is the Tamil word for "chopped". A unique part of the kothu parotta street food experience is watching and listening to the sounds of blunt metal blades chopping through the swirl of ingredients. Every chef conjures his/her own way of chopping the ingredients in this dish, thus making every variation of kothu parotta all the more enjoyable, because you know you will be getting something that is truly one-of-a-kind. The beloved dish, as popular as a pizza is in North America, consists of maida, a refined Indian flour made from wheat. The maida is baked into a parotta, otherwise known as an Indian flatbread. Parottas are a massive part of South Indian cuisine, so much so that one Madurai restaurant decided to make parotta masks to raise awareness about the Covid-19 pandemic. Who wouldn't want to own an edible mask, and protect their community at the same time?

Moving on, the parotta is shredded and torn into smaller pieces to toss into the dish once the other ingredients and spices have been thoroughly cooked. The bread is thus coated with thick layers of veggies and/or meat, gravy, and succulent seasoning that makes for a filling and juicy meal that will make your mouth explode with all of the right textures and flavors.

The list of other ingredients included in this dish vary as well. From vegetarian to chicken based, egg to cheese - there are endless variations of kothu parotta that are worth trying out if it fits with your diet (or even if it doesn't - cheat days exist for a reason).

### **What is Vegetarian Kothu Parotta?**

A veggie version of kothu parotta is made with onions, tomatoes, green chillies, bell pepper, What is Vegetarian Kothu Parotta? A veggie version of kothu parotta is made with onions, tomatoes, green chillies, bell pepper, Indian

dishes is that it can be adjusted to anyone's preferences. So if you ever want some veggies out of or included in your kothu parotta don't be afraid to ask the chef preparing your meal.

Regular spices added to the meal include salna, red chilli powder, curry leaves, and turmeric. Once all of these spices are mixed together, the parottas are added in to complete the aromatic blend.

### **What is Chicken Kothu Parotta?**

Though vegetarian in origin, chicken kothu parottas and other meat versions of this dish have become wildly popular. Alongside a hefty amount of onions, tomatoes, garlic, green chillies, and curry leaves, some versions of a chicken kothu parotta include scrambled egg as well to coat all of the veggies together before adding in a handful of shredded chicken and chicken gravy. Check out this video to get an idea of how chicken kothu parottas are made at home. Try it out for yourself for a fun quarantine activity, but remember if you ever feel like having kothu parottas on demand, you can order from anyone of the highly rated South Indian restaurants in Montreal!

### **What is Cheese Kothu Parotta?**

A similar foundational recipe to regular kothu parottas, the special ingredient is simply a bit of cheese to glaze the sauteed vegetables. Bread, cheese, veggies, and spices - can it get any better than that?

It's clear from these recipes that kothu parotta is truly an all-in-one recipe.

Depending on one's preferences, the individual can normally choose how much or how little of each ingredient they would like.

