

Bolani Katchalu (Afghan Potato-Filled Pastries)

Season: Autumn/Winter/Spring

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: coriander, dill (optional), garlic, potatoes, spring onions

These traditional Afghan pastries are very simple to make. The potato filling can easily be replaced with spinach or silverbeet, pumpkin or green lentils.

Note: To reduce the time required in the class, cook the potatoes and prepare the pastry dough in advance.

Equipment:

metric measuring scales,
spoons and cups
2 clean tea towels
chopping board
cook's knife
2 large bowls
large saucepan
skewer
colander
vegetable peeler
medium-sized bowl
potato masher
small bowl
2 mixing spoons
rolling pin
large non-stick frying pan
spatula
paper towel
serving platter

Ingredients:

For the pastry:

500 g plain flour, plus extra for
dusting and kneading
1 tsp salt
1 cup water at room temperature
1 tsp olive oil, plus extra to oil
the bowl

For the filling:

2 medium-sized potatoes
1¾ tsp salt
2 tbsp olive oil
1 tsp ground black pepper
1 small handful of coriander,
finely chopped
3 spring onions, finely chopped

For the yoghurt sauce:

250 g Greek yoghurt
2 tbsp water
1 garlic clove, finely chopped
1 tsp dried dill OR 4 sprigs of fresh
dill, finely chopped
½ tsp ground coriander
½ tsp salt, to taste

For frying:

¼ cup olive oil



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.

To make the pastry:

1. Combine the flour and salt in a large bowl or on a clean work surface. Create a well in the centre of the flour.
2. Slowly add the water and oil and use your hands to mix, bringing the ingredients together to form a rough dough.
3. Knead the dough on a clean work surface for 10 minutes.
4. Lightly oil a large bowl and add the dough ball. Cover with a tea towel, and set aside to rest for 1 hour.

To make the filling:

1. Place the potatoes in the large saucepan, cover with cold water and add a $\frac{1}{4}$ teaspoon of salt. **Bring to the boil over a high heat.**
2. Boil for 20 minutes, then poke the potatoes with the skewer to see if they are cooked. If the skewer easily pierces through the centre, they are ready.
3. Drain the potatoes and set aside for 5–10 minutes, until cool.
4. Peel and quarter the potatoes, then transfer to the medium-sized bowl and mash.
5. Add the olive oil, salt and pepper. Try to make the mash as smooth as possible.
6. Add the coriander and spring onion, then mix to combine.



To make the yoghurt sauce:

1. Combine all of the yoghurt sauce ingredients in the small bowl and mix well.

To assemble and cook the bolani:

1. Divide the dough and roll into golf ball-sized pieces.
2. On a well floured work surface, roll each ball into a flat disc. The disc should be as thin as a tortilla and 10–15 cm in diameter – the thinner the better!
3. Spread 2 tablespoons of the filling over one half of each disc, leaving a $\frac{1}{2}$ -cm border around the edge.
4. Fold the dough in half over the filling and press to seal. If necessary, continue gently pressing and flattening the bolani to release any excess air.
5. Continue until all the dough and filling have been used. You should have 16 large pastries.
6. Heat 2 tablespoons of olive oil in the non-stick frying pan over a medium heat. The oil needs to be hot enough for the bolani to sizzle.
7. ***Cook the bolani, 2–3 at a time, until golden and crisp on both sides.**
8. Place the cooked bolani on the paper towel to drain. Add more oil to your pan as needed while you cook the rest.
9. Arrange on a serving platter with the yoghurt sauce on the side.

*Adult supervision required.