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MAINS Miss Conduck

Miss Conduck's Trinidadian doubles

By Sarra Sedghi · Rough Draft Atlanta, 9/10/2025

Ingredients

BARA (FRIED FLATBREAD)

- [ ] 2 cups all-purpose flour
- [ ] Pinch of turmeric
- [ ] 1 tsp instant yeast
- [ ] 1/2 tsp sugar
- [ ] 1/2 tsp salt
- [ ] 2/3 cup warm water (plus more as needed)
- [ ] 1 Tbsp vegetable oil (for dough)
- [ ] Neutral oil for frying, such as canola or vegetable

CURRIED CHANA

- [ ] 1 cup dried chickpeas (chana)
- [ ] Water (for soaking and cooking)
- [ ] 2 tsp curry powder
- [ ] 1/2 tsp turmeric
- [ ] 1/2 tsp cumin

Directions

PREPARE THE CHUTNEY (OPTIONAL)

1. Whisk together in a small pot, bring to a simmer, stir until thickened, about 5 to 7 minutes.
2. Cool before serving, or refrigerate in an airtight container.

MAKE THE CHANA

1. Rinse dried chickpeas thoroughly. Soak overnight in 3 to 4 cups of water, or use the quick soak method (boil for 5 minutes, then soak 1 hour). To save time, you can also use low-sodium canned chickpeas.
2. Drain and rinse soaked or canned chickpeas. Boil in fresh water until chickpeas are soft, but not mushy, about 45 to 60 minutes, depending on chickpea size. Add salt during the last 10 minutes of cooking. Drain and set aside.

MAKE THE CURRY

1. In a medium saucepan, heat oil and sauté onions, garlic, and ginger until soft, about 3 minutes. Add curry powder, turmeric, and cumin. Stir constantly for 30 seconds until fragrant.

- [ ] 2 cloves garlic, minced
- [ ] 1 tsp ginger, minced
- [ ] 1/2 onion, chopped
- [ ] Salt to taste
- [ ] 1 Tbsp vegetable oil
- [ ] 1/4 cup chopped cilantro (optional)

QUICK TAMARIND CHUTNEY (OPTIONAL)

- [ ] 1/4 cup tamarind paste
- [ ] 2 Tbsp brown sugar
- [ ] 1/2 cup warm water
- [ ] Dash of salt, cumin and black pepper

TOPPINGS (OPTIONAL)

- [ ] Tamarind chutney: Store-bought or homemade (see below)
- [ ] Spicy pepper sauce: Scotch bonnet or habanero-based
- [ ] Cucumber chutney: Grated cucumber, lime juice, garlic, cilantro, salt
- [ ] Add protein (optional): Jerk mushrooms, curried shrimp, or BBQ chicken

2. Add cooked chickpeas and about 1 cup of water. Simmer uncovered for 20 to 30 minutes, adding water as needed to reach your desired consistency. Mash some chickpeas with the back of a spoon for texture.
3. Season with salt and chopped cilantro to taste.

MAKE THE BARA

1. Mix flour, turmeric, yeast, sugar, and salt in a bowl. Gradually pour in warm water and 1 Tbsp of oil. Mix and knead by hand or with a dough hook until soft, slightly sticky dough forms.
2. Cover with a towel or plastic wrap. Let rise in a warm spot for about 1 hour until doubled in size. Dough should feel pillowy soft.
3. Punch down dough and divide into 8 to 10 balls. Let rest for 5 to 10 minutes, then gently flatten each ball into a 4-inch circle. Do not press dough too hard or over-flour.
4. Heat oil in a pan over medium-high heat. Oil should be hot, but not smoking. Fry one at a time for about 20 to 30 seconds per side until puffed and golden. Drain on paper towels.

ASSEMBLE

1. Place bara flatbread on a plate and spoon a generous scoop of curried chana in the center.
2. Add toppings (chutney, spicy pepper sauce, and protein, for example) and top with a second piece of bara, making a sandwich.
3. Eat warm, folded in your hands with a napkin.

The story

This week, we're sharing Miss Conduck's Trinidadian doubles recipe.

Invented in the 1930s, the street food, which consists of curried chickpeas spread over a piece of fried bara (flatbread), topped with another fried bara to make a sandwich, is credited to a street vendor named Emamool "Mamudeen" Deen. "Over time, [his] customers began asking for a 'double' portion of the bread and the name stuck," said Miss Conduck chef and co-owner Emily James.

Doubles are thoroughly embedded in Trinidadian culture. "You'll find them on busy street corners in the early morning, at school gates, after late nights (hang outs), and everywhere in between," James said. "You can't have a Trinidadian restaurant and not have doubles."

And, like many other traditional Trinidadian and Caribbean dishes (think lentils, chickpeas, pumpkin, callaloo, plantains, and coconuts), doubles are plant-based.

Shop at a Caribbean, Indian, or international market to source ingredients, especially for spices like turmeric, cumin, and curry powder. Don't worry about making your double appear perfect — the messier, the better, she said.

Pro tip: James recommends making the chutney up to a day in advance. When you're ready to make your doubles, start with the chana. "Soaking and boiling dry chickpeas takes a while, but it makes a huge difference in texture and flavor," she said.

***Yield:** 8–10 doubles**Total Time:** 2.5 to 3 hours, including soaking and rising time*

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