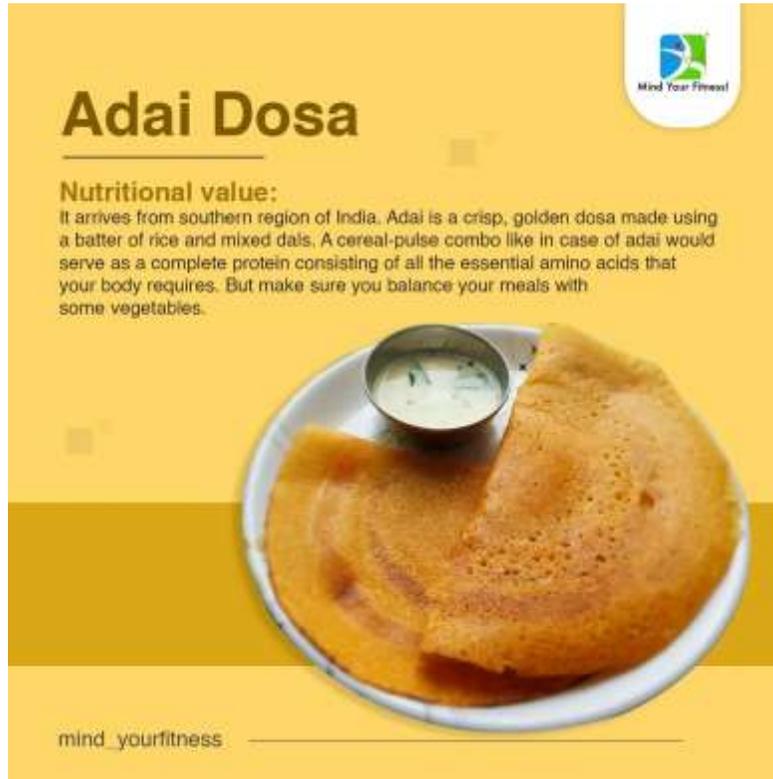


Adai Dosa



It arrives from southern region of India. Adai is a crisp, golden dosa made using a batter of rice and mixed dals. Adai dosa or quick South-Indian style adai dosa has the rich aroma of coconut oil and roasted dals, and a very rustic flavor as well. Adai dosa is a protein packed dosa recipe which can be had as breakfast or evening snack.

A cereal-pulse combo like in case of adai would serve as a complete protein consisting of all the essential amino acids that your body requires. But make sure you balance your meals with some vegetables.

Recipe:

Ingredients

For adai dosa

- 1/4 cup par-boiled rice (ukda chawal)
- negligible cup toovar (arhar) dal
- negligible cup chana dal (split bengal gram)
- 1/3 tbsp urad dal (split black lentils)
- 1/4 tsp roughly chopped ginger (adrak)
- 3/4 pc dry red chillies (pandi)
- 3/4 pc black peppercorns (kalimirch)
- 1/8 tsp cumin seeds (jeera)



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- negligible cup finely chopped onions
- 1/4 tbsp chopped curry leaves (kadi patta)
- 1/3 tbsp grated coconut
- salt to taste
- Oil for cooking

For Serving with Adai Dosa

- coconut chutney

Method

1. To make adai dosas, combine the rice, dals, ginger, peppercorns and red chillies in enough water in a deep bowl and keep aside soaking for 2 hours. Drain the water.
2. Blend the mixture in a mixer to a coarse mixture using approx. 1¼ cup of water.
3. Transfer the mixture into a deep bowl, add the onions, grated coconut, curry leaves, cumin seeds, asafoetida and salt. Mix well.
4. Heat a non-stick tava (griddle), sprinkle a little water on the tava (griddle) and wipe it off gently using a muslin cloth.
5. Pour a ladleful of the batter on it and spread it in a circular motion to make 175 mm. (7") diameter thin circles.
6. Turn over and cook on the other side as well.
7. Repeat with the remaining batter to make 9 more adai dosas.
8. Serve the adai dosa immediately with coconut chutney.