

Crispy Dosa.

Shared by Jay and Sylvia from the MND Community

Servings: 10-15 dosas

Prep time: 15 hours

Cook time: 3-4 minutes per dosa

Ingredients

- 2 cups idli rice
- ½ cup urad dhal (split black gram, skin removed)
- Water (for soaking and grinding)
- Salt, to taste
- Oil or ghee (for cooking)

Recipe

1. Place the rice in one bowl and the urad dhal in another.
2. Rinse each thoroughly three to four times until the water runs clear.
3. Soak both the rice and the urad dhal in water for about three hours.
4. Drain the soaked rice and urad dhal.
5. First, grind the urad dhal in a blender or wet grinder, adding a little water at a time until it becomes smooth and fluffy.
6. Transfer to a large bowl.

(Turn over for the rest of the recipe)

7. Next, grind the rice with a little water until it reaches a slightly grainy texture (like fine sand).
8. Add the ground rice to the urad dhal batter.
9. Mix the batter well using clean hands (this helps with natural fermentation). Cover the bowl with a lid.
10. Leave it in a warm place for eight to 12 hours (or overnight) to ferment.
11. Once fermented, the batter should be light, airy, and slightly bubbly.
12. Add salt to taste and mix gently.
13. If needed, add a little water – the batter should be like a slightly thick pancake batter, not too runny.
14. Heat a non-stick pan or cast-iron tawa over medium heat.
15. Lightly grease the surface with oil and wipe with a cloth or paper towel.
16. Pour a ladleful of batter onto the centre of the pan.
17. Spread it in a circular motion to form a thin layer.
18. Drizzle a little oil or ghee around the edges.
19. Cook until golden brown and crispy, then remove from the pan.

Serving suggestions

- Coconut chutney
- Sambar (lentil curry)
- Mint or tomato chutney