



DOSA SPECIAL

*M.Prema Surendranath*



### PLAIN DOSAS

#### INGREDIENTS:

Parboiled rice - 5 cups  
(Whole) Urad dhall (de husked)  
Chennadal - 2tbsps  
Fenugreek (methi seeds) - 1tbsp  
Refined oil - ¼ cup  
Rock salt - 1½ tbsps



#### METHOD:

1. Wash & soak the parboiled rice along with chennadal & methi seeds in water for four hours.
2. Wash & soak the whole urad in water for fifteen minutes before grinding.
3. First grind the urad dhall till frothy & remove.
4. Remove the urad flour & grind the soaked rice, dhall & fenugreek seeds till the flour is very smooth.
5. Mix both the flours together & leave for fermentation for six to eight hours.
6. Heat a thick tava, smear with 1tbsp of refined oil, pour the flour & prepare thin dosas & fry till crisp on both the sides. You can prepare thick oothappams as well as crisp paper dosas.

~\*~\*~\*~\*~

### MUDAKKATHAN KEERAI DOSAI

*There is a special variety of greens. It is a creeper type commonly seen in villages. It is supposed to be good for health. This keerai helps to relieve the joint pains, which is commonly seen in aged people. It helps to bowl movement also. Only dosas can be made with this.*

#### INGREDIENTS:

Parboiled rice - 2 cups  
Raw rice - 2 cups  
Tuar dhall - 2 cups  
Fenugreek seeds - 1½ tps  
Mudakkathan keerai - 1 big bunch  
Salt - 1tbsp  
Oil - 100 ml



#### METHOD:

1. Wash and soak the parboiled rice & the raw rice together for 4 to 5 hours.
2. Wash & soak the tuar dhall along with the methi seeds for 4 to 5 hours.
3. Clean & pick the leaves of the keerai, separating the leaves alone. Wash the keerai well with water until it is clean.
4. Grind the rice, dhall, methi & the cleaned & washed mudakkathan keerai into a fine dough & add salt & mix well. Let this ferment for 8 to 9 hours.
5. We can prepare thin crispy dosas & taste along with the chutney of our choice.

*N.B: This dosas can be prepared & eaten from the health point*

~\*~\*~\*~\*~

RICE FLAKES DOSA

INGREDIENTS:

Raw rice - 4 cups  
Thick rice flakes - 2 cups  
Sour buttermilk - 2 cups  
Salt - 1tbsp  
Refined oil - ¼ cups  
Soda- a pinch



METHOD:

1. Wash & soak the rice in water for two to three hours.
2. Wash & soak the rice flakes in sour butter milk for two hours.
3. Grind the rice with water & after some time ,you add the soaked rice flakes along with it & grind till smooth.Add salt & mix well.
4. Keep the batter for eight hours to ferment . Add a pinch of soda.
5. Prepare dosas of medium thickness & roast on the heated tava on one side only covering with a lid & serve with onion chutney.

~\*~\*~\*~\*

DHALL & RICE DOSAS

INGREDIENTS:

Urad dhall -1cup  
Chennadal -1cup  
Raw rice -1cup  
Salt - to taste  
Refined oil - ¼ cup



METHOD:

1. Wash the dhalls & rice well , soak for four hours & grind into a smooth
2. Flour, add the salt & mix well and let it ferment for four to six hours. You can prepare dosas of your taste & serve with coconut chutney.

~\*~\*~\*~\*

MIXED DHALL DOSAS

INGREDIENTS:

Green gram dhall - 1 cup  
Chennadal - 1 cup  
Urad dhall - 1 cup  
Green chillies - 3 to 4  
Fresh grated coconut - ¼cup  
coriander leaves - a small bunch  
Curry leaves - a few  
Salt - to taste  
Ghee - 1tbsp



METHOD:

1. Soak urad dhall, chennadal & green gram dhall for three hours after washing well
2. Grind into a coarse consistency and add salt.
3. Add fresh coconut, chopped green chillies, coriander leaves & curry leaves & mix well.
4. Pour into thick dosas on hot tava & roast with ghee & serve hot.

~\*~\*~\*~\*

AAPPAM DOSAS (1)

INGREDIENTS:

Raw rice - 2 cups  
Par boiled rice - 2 cups  
(dehusked) Whole urad dhall - ½ Cup  
Rock salt - 1½ tbsps  
Coconutmilk - extract from one large coconut  
Sugar - 6 tps  
Cooking soda - ¼ tsp  
Refined oil - ¼ cup



METHOD:

1. Wash & soak the rice & dhall together for 3 to 4 hours.
2. Grind into a thick fine consistency. & add the rock salt & mix well.
3. Allow to ferment for a day.
4. Next day, grate the coconut & get the extract, using 1 1/2 cups of water & grinding twice & filtering.
5. Add to the flour.. Add the sugar & soda & mix well.
6. Heat a special aappam kadai, smear with the oil, pour one laddlefull of batter in the center & give a circular rotation.
7. The center portion of the aappam should be thick & the sides thin.
8. Close with a lid & cook in medium flame.
9. When done, serve the aappams with onion chutney & coconut chutney.

~\*~\*~\*~\*