

AAPPAM DOSA (2)

INGREDIENTS:

Raw rice - 4 cups
Salt - to taste
Refined oil - required quantity



METHOD:

1. Wash & soak the raw rice for 3 hours. Then drain the water & hand pound the rice into fine flour. Sieve & prepare fine flour & keep aside.
2. Keep a small measure of rawa in the end. Heat 4 measures of water on the gas, add the rice rawa to it gradually & prepare (ganji) till it is wellcooked & formed transparent liquid.
3. Add some cold water to the liquid & let it cool.
4. Then add the hand pound flour to the liquid, when it is completely chill, add salt & mix well. Let this flour ferment.
5. Next day add some water if needed & prepare dosas on medium flame covering with a lid, adding a little oil.
6. Onion chutney goes well with these dosas.

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RICEFLAKES APPAM DOSAS

INGREDIENTS:

Raw rice - 2 cups
Thick rice flakes - ½ cup
Whole urad (without skin)-¼ cup
Fenugreek seed - ½ tsp
Cooking soda - 2 pinches
Salt - 1tbsp
Refined oil - ¼ cup



METHOD:

1. Wash rice, urad dhal & fenugreek seeds: well & soak for four hours.
2. Wash and soak the rice flakes fifteen minutes before grinding.
3. Grind the rice & other ingredients into a smooth flour, let the flour ferment for eight hours, add soda & pour dosas of medium thickness, Pour a little oil around & prepare, adjusting the gas, covering with a lid.
4. These dosas must be roasted on one side only. They will be soft, even when they are prepared & kept.
5. These dosas can be tasted with coconut chutney or onion chutney.

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RICEFLAKES SET DOSAI**INGREDIENTS:**

Raw rice - 3 cups
 Dehusked whole urad dhal - 1 cup
 Thick riceflakes - 1 cup
 Fenugreek seeds - 1 tsp
 Cooking soda - 1 pinch (if needed)
 Refined oil - ¼ cup
 Salt - 1½ tbsps

**METHOD:**

1. Wash & soak the raw rice, whole urad, riceflakes & methi seeds together for 3 to 4 hours & grind into smooth flour.
2. Add the salt & mix well. Add the soda & mix well.
3. When needed, heat the tava, smear with oil, prepare dosas of medium thickness.
4. Cover the dosas with a lid pouring a tsp of oil around & roasting well.
5. These dosas can be served with chutney, sambar & kurma. Ginger tamarind chutney suits well.

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AZHAGAR DOSAS

These dosas are protein rich as well as tasty. These dosas are prepared like the dosas, which is specially prepared in temples for prasadam.

INGREDIENTS:

Raw rice - 4 cups
 Whole urad with skin - 2 cups
 Dry ginger powder - 1 tsp
 Pepper - 1 tsp
 Jeera - 1 tsp
 L.G asafoetida - according to taste
 Curry leaves - a small bunch
 Thick sour curds - 2 cups
 Fresh ginger - one small piece
 Salt - 1 tbsp
 Ghee - 1 tbsp
 Gingilli oil - 2 tbsps
 Refined oil - ¼ cup

**METHOD:**

1. Wash & soak the rice for four hours & wash & soak the whole urad for eight hours.
 2. Grind the urad in mixie till frothy & grind the rice into coarse consistency. Add both the flours with salt & sour curds & mix well & let the flour ferment for eight hours.
 3. Wash & cut the fresh ginger finely & keep aside & pound pepper & jeera coarsely.
 4. Just before making dosas, add the jeera pepper powder, chopped ginger pieces, dry ginger powder, gingilli oil & ghee along with washed curry leaves to the dosa flour & mix well & prepare dosas.
1. According to your taste, you can make dosas thick or thin. They must be roasted properly.
 2. No side dish is needed. Idli chilli powder suits well.

SOFT DOSAS

INGREDIENTS:

Parboiled rice - 2 cups(heaped)

Raw rice - 2 cups (heaped)

Whole urad(without skin) - 2 cups(level)

Salt - 1 tbsp

Refined oil - ¼ cup



METHOD:

1. Soak the rices & urad dhal together after washing well for four to five hours.
2. Grind into a smooth dough, add the rock salt & mix well and let the dough ferment for six to eight hours..
3. Heat a thick pan, prepare dosas of medium thickness and roast the dosas on one side only, covering with a lid & serve with onion chutney.

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SOFT THIN DOSAS

These are the traditional dosas made with raw rice & urad. The oil requirement is very less. These dosas will be soft even if we prepare & keep.

INGREDIENTS:

Raw rice - 2½ cups

Whole urad(without skin) - 1 cup

Salt - ¾ tbsp

Oil - 2 tbsps



METHOD:

1. Wash & soak the raw rice for two hours & wash & soak urad fifteen minutes before grinding.
2. Grind urad till frothy, adding enough water. After removing the flour grind the rice into a smooth flour.. Mix both together, add salt & mix well . Keep for eight hours to ferment.
3. Heat thava. With a clean piece of cloth soaked in oil wipe the tava & pour thin dosas & spread in circular motion & cook on both sides .. In medium flame we have to cook the dosas on both sides.

NB If needed we can use minimum oil. Even without extra oil, we can prepare dosas, in between wiping with the oil soaked cloth. That is enough. These dosas must be soft only.

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RAWA DOSAS

INGREDIENTS:

Prepared rawa dosa flour - 2 cups

Buttermilk - ¼ cup

Green chillies - 4 to 5

Jeera - 1 tsp

Cashewnuts - 7 to 8

Ginger - 1 small piece

Curry leaves - a few

Salt to taste

Refined oil - ¼ cup

Ghee - 2tsps



METHOD:

Mix the rawa dosa flour with the buttermilk, salt, green chilli pieces, finely cut cashewnuts, finely cut ginger & jeera & curry leaves with little water. Add more water for the pouring consistency & prepare the crispy rawa dosas & roast on both sides & serve with small onions sambar or groundnut chutney.

VARIATION:

You can grind two onions, two green chillies & 2 tomatoes into paste & mix with the plain flour & prepare thin golden color rawa dosas.

READY MIX DOSAS:

If we prepare ready flour & store in a jar, we can prepare dosas quickly.

READYMADE FLOUR FOR RAVA DOSAS:

Mix one kg raw rice, one kg fine sooji & 150gms wheat, grind into fine powder, sieve and store in a container. We can prepare fine rawa dosas with this flour.

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WHEAT DOSAS

INGREDIENTS:

Samba wheat - 2 cups

Red chillies - 4 to 5

Salt to taste

Refined oil - ¼ cup



METHOD:

Wash and soak the samba wheat in waer for half an hour. Grind in mixie & prepare like rawa dosas.

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OOTHAPPAM RECIPES (1)

INGREDIENTS:

Parboiled rice - 1Kg
 Urad dhall - 100 gms
 Tuar dhall - 1 handful
 Fenugreek seeds - 25 gms
 Salt - 1½ tbsps
 Refined oil - ¼ cup



METHOD:

Soak the rice, dhal & fenugreek seeds for 4 hours & grind into a smooth flour & let the flour ferment for one whole night. Next day morning, prepare small oothappams & roast both sides well & serve with the chutney of your choice. With the same flour you can prepare thin & crisp paper dosas also.

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OOTHAPPAM RECIPES (2)

INGREDIENTS:

Chennadal - 1 cup
 Green gram dhal - 1 cup
 Urad dhal - 1 cup
 Cowgram - 1 cup
 Rice - a handful
 Salt - ½ tsp
 Refined oil - ¼ cup
 Bellary onions - 2 to 3
 Curry leaves & coriander leaves - a bunch
 Green chillies - 5 to 6



METHOD:

1. Soak the dhalls & rice together for 3 to 4 hours & grind into a smooth consistency.
2. Peel & chop the onions finely & wash & chop the coriander leaves & curry leaves, & green chillies finely & mix with the batter.

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DOSAS WITH FENUGREEK SEEDS

INGREDIENTS:

Parboiled rice - 3 cups
Fenugreek seeds - 1/2 cup
Salt to taste
Refined oil - 1/2 sp



METHOD:

1. Soak the parboiled rice and fenugreek seeds together for six hours, grind the flour nicely, add salt, mix well.
2. Next day prepare dosas of medium thickness with gingilly oil and serve hot with dosa chilli powder.

INSTANT DOSAS:

If we mix four portions of rice & one portion of sago & prepare fine flour, we can mix the flour with salt & sour buttermilk & prepare thin dosas, adding with water to the flour. Further dosas can be made with 2 cups of ragi flour mixed with 1 cup of rice flour in thick sour curds & Keeping for few hours.

Mix 2 cups of wheat flour with 1/2 cup of rice flour in sour curds, keep for one hour & prepare thin dosas, adding water.

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