



Dosa

Instructions

1. Soak 1 cup of split black gram (urad dal) and ½ teaspoon fenugreek (methi) seeds in one container for at least 4 hours.
2. Soak 2 cups of rice in another container for at least 4 hours.
3. Drain off the water from the urad dal, fenugreek seeds and basmati rice. Grind into a smooth paste adding water as required. It shouldn't be runny.
4. Add 1 teaspoon of salt (to taste)
5. Cover the batter and keep it in a warm place until fermented.
 - a. Time it takes to ferment depends on the temperature, between 5-12+ hours
 - b. If in a colder climate, can preheat oven to 140 degrees for 10 mins, turn it off and keep the batter inside the oven with the oven light on.
 - c. Can also ferment in the instantpot using the yogurt setting.
 - d. When properly fermented the batter rises, and turns light/fluffy with bubbles in it.
6. Heat up a griddle (can be nonstick or a cast iron one). When it is hot enough that water sprayed on it immediately sizzles/evaporates, it is ready. Be careful not to overheat it as the dosa will then stick to the surface. Turn the heat to medium before making the dosa.
7. Put a few drops of oil on the surface of the griddle
8. Use a ladle and place one ladleful of batter in the middle of the griddle. Then make concentric circles around to spread the batter.
9. If you prefer a crispy dosa you can add oil to the center as well. When the base turns golden brown and the edges start to lift off the pan, use a spatula to flip the dosa over to the other side. Again wait until it turns golden, and then take it off the griddle.

Ingredients

- 1 cup Urad Dal (split black gram lentils)
- 1/2 teaspoon fenugreek (methi) seeds
- 2 cups brown basmati rice
- 1 teaspoon salt