

## Karnataka

### Uttapam



### Recipe of Uttapam:

#### INGREDIENTS

for onion toppings:

- ☐ 2 onion (finely chopped)
- ☐ 2 chilli (finely chopped)
- ☐ 1 inch ginger (finely chopped)
- ☐ few curry leaves (finely chopped)
- ☐ 2 tbsp coriander (finely chopped)
- ☐ ½ tsp salt

for batter:

- ☐ 3 cup dosa rice / sona masuri rice
- ☐ ½ tsp methi / fenugreek seeds
- ☐ 1 cup urad dal
- ☐ 2 cup puffed rice / churumuri / murmura (washed & squeezed)
- ☐ 1½ tsp salt
- ☐ oil for roasting

#### INSTRUCTIONS

1. firstly, in a large bowl take 2 onion, 2 chilli, 1 inch ginger, few curry leaves, 2 tbsp coriander and ½ tsp salt.
2. mix well making sure everything is well combined.
3. also, heat the griddle and pour a ladleful of dosa batter.
4. spread out in a circular motion slightly thick than regular masala dosa.
5. now spread the toppings on top of the uttappa evenly.

6. after the topping have been added press gently so the toppings are pressed into the batter.
7. add 1 tsp of oil around the uttappa.
8. cover it and let it cook for 1-2 minutes in low flame.
9. flip over on the other side once the uttappa turns golden brown.
10. finally, onion uttapam is ready to be served with chutney of your choice.

**Nutrients:**

Protein	17.9 g	33%
Carbohydrates	14.2 g	5%
Fiber	1.5 g	6%
Fat	2.8 g	4%

## Tamilnadu

### Rice Bhakri



### Recipe of Rice bhakri:

#### INGREDIENTS

- ☐ 2 cup water
- ☐ 1 tsp oil
- ☐ ½ tsp salt
- ☐ 2 cup rice flour / akki hittu (fine)

#### INSTRUCTIONS

1. firstly, in a large kadai take 2 cup water, 1 tsp oil and ½ tsp salt.
2. get the water to a rolling boil.
3. now add 2 cup rice flour and mix gently. do not worry if there are lumps.
4. once the water is well absorbed, cover and simmer for 2 minutes.
5. now the mixture is super moist.
6. transfer the rice flour mixture to a large bowl.
7. when the mixture is still hot, start to knead by dipping hand in the water.
8. knead to form a smooth dough. dipping hand in water prevents them from burning.
9. form a smooth and soft dough.
10. now pinch a ball sized dough and knead again.
11. dust the rolling board with rice flour to prevent from sticking.
12. also, dust the dough with rice flour and start to roll gently.
13. roll to uniform thickness dusting rice flour if required.
14. now transfer the rolled rotti to a hot tawa.
15. wipe off the flour using a wet cloth. note, you need to wipe off only one side.
16. once the base is partially cooked, flip over and cook.
17. cook both sides partially as we will be cooking directly on the flame.
18. now place on the flame directly, and allow to puff up.
19. finally, ukkarisida akki rotti recipe or ubbu rotti is ready to enjoy with ennegayi.

## **NUTRITION**

Calories: 101kcal

Carbohydrates: 21g

Protein: 2g

Fat: 1g

Saturated Fat: 1g

Sodium: 99mg

Potassium: 20mg

Fiber: 1g

Sugar: 1g

Calcium: 4mg

Iron: 1mg