

## Kerala

### Amboli:



### Recipe of Amboli:

#### Ingredients

- 2 Cups Rice
- 1 cup Urad Dal
- 1 teaspoon Fenugreek Seeds (Methi Dana)
- Salt to taste
- Oil for Shallow Frying – I use sesame oil, one can use any of your choices

#### Instructions

1. Clean and rinse the Rice.
2. Clean and rinse the Urad Dal and fenugreek.
3. Soak them separately in enough water for 5-6 hours.
4. Once done, give a quick rinse and grind it into a smooth batter.
5. Mix everything with your clean hand for a good 2-3 minutes.
6. Add salt and let it ferment overnight or for 12-14 hours. eat a [Dosa tawa](#) or a skillet or a [crepe pan](#).
7. Grease it with oil using a [pastry brush](#) or half-cut potato or simply a clean kitchen tissue. Pour a ladle full of batter on the skillet.
8. If the consistency is right it will spread on its own. You would not need to spread it.
9. If not just make a circle outwards with the back of a spoon. It should not be thin but slightly thick. You would see small pores appearing on the top when you pour the batter. Cover and let it cook on slow to medium for 2-3 minutes or until the bottom is done.
10. Drizzle a teaspoon of oil along the edges and slightly on the top. Flip and let it cook on the bottom as well for 2-3 minutes.

**Nutrients:**

Protein	1.2 g	2%
Carbohydrates	16.3 g	5%
Fiber	0.5 g	2%
Fat	2.8 g	4%

