

## Andra Pradesh

### Dosa:



### Recipe of Dosa:

#### INGREDIENTS :

##### for batter:

- ☐ 3 cup sona masuri rice
- ☐ ½ tsp methi / fenugreek seeds
- ☐ water (for soaking)
- ☐ 1 cup urad dal
- ☐ 2 tbsp toor dal
- ☐ 2 tbsp chana dal
- ☐ 1 cup poha / avalakki (rinsed)

#### INSTRUCTIONS

##### masala dosa batter preparation:

1. firstly, in a large bowl take 3 cup sona masuri rice and ½ tsp methi.
2. rinse well and soak in enough water for 4 hours.
3. in another bowl take 1 cup urad dal, 2 tbsp toor dal and 2 tbsp chana dal.
4. rinse well and soak in enough water for 2 hours.
5. after soaking dal for 2 hours, drain off the water and transfer to the grinder. you can also grind in mixi if you do not have access to a grinder.
6. add water as required and blend to smooth paste.
7. scrape sides. the smooth and fluffy batter will be ready after 40 minutes.
8. transfer the batter to a large vessel and keep aside.
9. in the same grinder add soaked rice and 1 cup rinsed poha.
10. add water slowly and scrape the sides. blend to a coarse paste.
11. transfer the rice batter to the same urad dal batter.

12. mix well making sure everything is well combined.
13. ferment in a warm place for at least 8 hours or until the batter doubles in volume. if you are leaving in a cold climate, then you can place the batter in the warm oven (just heat the oven until it turns slightly warm and then turn off) to ferment.
14. once the batter is well fermented, mix gently, without disturbing the air pockets.
15. transfer 4 cups of fermented batter to a small bowl and add 1 tsp salt.
16. mix well until the salt is well combined. masala dosa batter is ready. keep aside.

#### **masala dosa preparation:**

1. firstly, add a ladleful of batter on hot tawa.
2. spread as thin as possible making a crispy dosa.
3. take 1 tsp of butter and spread uniformly.
4. also, place 2 tbsp of prepared aloo masala in the centre.
5. roast until the dosa turns golden brown and crisp.
6. scrape the sides of dosa and roll the dosa.
7. finally, masala dosa recipe is ready to serve with coconut chutney and sambar.

#### **NUTRITION**

Calories: 40kcal

Carbohydrates: 6g

Protein: 2g

Fat: 1g

Saturated Fat: 1g

Sodium: 81mg

Potassium: 20mg

Fiber: 2g

Sugar: 1g

Vitamin A: 36IU

Vitamin C: 6mg

Calcium: 9mg

Iron: 1mg

## Orisha

### Neer Roti:



### Recipe of Neer Roti:

#### INGREDIENTS

- ☐ 1 cup rice flour / akki hittu
- ☐ salt to taste
- ☐ 1½ cup water (or as required)
- ☐ oil for roasting

#### INSTRUCTIONS

1. firstly, in a large mixing bowl take 1 cup rice flour and add salt to taste.
2. add in 1½ cup water, or as required.
3. mix with the help of whisk to avoid forming lumps.
4. add more water if required, and get to flowing consistency.
5. now heat dosa tawa very well.
6. add a tsp of oil and wipe off with the help of kitchen towel.
7. pour the prepared dosa batter over tawa. you should be able to see some holes forming while pouring batter over tava. thats the right consistency of batter. if not you need to add some more water.
8. cover the dosa with a lid. and allow to cook on medium flame.
9. scrape from sides once the dosa is cooked completely.
10. finally, serve instant neer dosa with chutney or coconut-jaggery mixture.

## Nutrients:

Protein	1.4 g	3%
Carbohydrates	17.1 g	6%
Fiber	1.7 g	7%
Fat	5.2 g	8%

## **Zarkhand, Chattisgadh**

### **Jolada Roti:**



### **Recipe of Jolada Roti:**

#### **INGREDIENTS**

- ☐ 1 cup jowar flour
- ☐ salt to taste
- ☐ 1½ cup water (hot water)
- ☐ 1 cup jowar flour (for dusting)

#### **INSTRUCTIONS**

1. firstly, boil the water. when the water begin to boil add some salt and sprinle 1 tsp of jowar flour.
2. now turn off the flame and add rest of the flour to this boiling water
3. mix it with wooden spoon or any spoon. (water will be very hot)
4. allow it cool little. when it is still warm knead with your hand.
5. the dough should be soft like chapati dough. if the dough is hard you can sprinkle some water and knead well.
6. make equally sized small balls out of the dough.
7. dust the rolling surface. make sure there isn't any trace of water.
8. dip the dough in the flour and flatten it by pressing uniformly.
9. start patting thinly with your hand. use flour if needed.
10. it requires a lot practise to get it thin.
11. if you are unable to pat thinly, you can also roll like chapathi using chapathi roller.
12. put the flattened dough onto the hot tawa.
13. now dip a cloth in water and start wiping off the roti from top removing excess dough.
14. wait until the water evaporates then flip it to the other side.
15. press gently with the cloth to pluff. now remove it from the tava and serve hot.
16. enjoy the jolada rotti with ennegai or dry garlic chutney.

## Nutrients:

Protein	1.5 g	3%
Carbohydrates	10.2 g	3%
Fiber	1.4 g	6%
Fat	0.3 g	0%

## West bangal

### Bhature:



### Recipe of Bhature:

#### INGREDIENTS

- ☐ 2 cups maida / all-purpose flour / plain flour
- ☐ 1 tbsp rava / semolina
- ☐ 1 tsp sugar
- ☐ salt to taste
- ☐ ½ tsp baking powder
- ☐ ¼ tsp baking soda / cooking soda
- ☐ 2 tsp oil
- ☐ 1 cup [curd / yogurt](#)

other ingredients:

- ☐ ½ cup maida / all-purpose flour / plain flour (for dusting)
- ☐ oil for deep frying

#### INSTRUCTIONS

##### bhatura dough recipe:

1. firstly, in a large mixing bowl take maida.
2. to that add rava, sugar and salt.
3. also add baking powder and baking soda and mix well.
4. furthermore, add oil and rub with the flour.
5. also add curd and start to knead dough.
6. knead and punch the dough well for atleast 5 minutes.
7. further, grease the dough with oil.

8. cover with moist cloth and rest for atleast 2 hours.
9. further, roll and get to a long shape. pinch the dough into medium sized balls.
10. then make balls between your palms.
11. finally, roll the dough evenly into circles using rolling pin. roll neither too thin nor thick.

### **frying bhatura recipe:**

1. firstly, heat oil in a deep frying pan or kadai. when the oil is sufficiently hot, add one bhatura.
2. and, press with the spoon to puff up.
3. also once they begin to puff, splash oil over the bhatura till they puff completely.
4. flip over and fry the bhatura till golden brown all over.
5. then drain the poori into tissue paper to remove excess oil. fry all batura same way.
6. finally, serve bhatura with chole curry.

### **Nutrients in Bhature :**

Protein	10.8 g	20%
Carbohydrates	50.3 g	17%
Fiber	12 g	48%
Fat	20.1 g	30%