

South Indian Masala Dosa

A masala dosa is made by stuffing a dosa with lightly cooked potatoes, onions, green chili and spices. According to a CNN survey in 2011, Masala Dosa is listed as number 49 on the World's 50 most delicious foods.

Ingredients (Filling)

- 2 Tbsp oil
- 1 tsp mustard seeds
- A pinch of Asafoetida (Hing), see photo
- $\frac{3}{4}$ tsp Urad Dal (black gram)
- $\frac{3}{4}$ tsp bengal gram (channa dal)
- 2 Onions, thinly sliced (\sim 1 cup)
- 1 inch piece ginger, finely chopped
- A few tender curry leaves
- 2-3 green chilies, finely chopped
- $\frac{1}{4}$ tsp turmeric powder
- 1 small tomato (optional)
- Salt to taste
- 500 g / 2 cups heaped boiled and mashed potatoes (but not to a fine paste)
- Oil for making dosa, preferably sesame oil
- Ready made dosa batter
- Butter (optional)



Dosa batter



Tawa



Urad Dal



Bengal gram

* Asafoetida (Hing) is the dried latex exuded from the rhizome or tap root of several species of Ferula, a perennial herb that grows 1 to 1.5 m tall.

Cook: Malika Singh

Side dish, vegetarian, vegan, GF, healthy, inexpensive, quick and easy to prepare



Instructions (Filling)

- Heat oil in a pan. Add mustard seeds. When it splutters, add hing, urad dal and channa dal.
- When dal turns golden brown, add thinly sliced onions, green chili, ginger and curry leaves.
- Saute for a few minutes until onion turns pink. Do not brown the onions.
- Add turmeric powder, chopped tomatoes and salt as needed.
- Add 1/2- 3/4 cup of hot water. When water starts boiling, add the mashed potatoes.
- Mix well and cook for around 5-6 mins until everything gets blended well. Do not add too much water or the dosa will become soggy.
- Switch off the flame. The filling for the masala dosa is ready.

Instructions (Masala dosa)

- Heat a non stick or iron “tawa” (see photo previous page). Add a drop of oil and rub half an onion on it. Once the tawa is heated, bring the flame to medium and pour a ladle of batter in the center.
- Using the back of the ladle, spread the batter in a circular motion. Drizzle a tsp of oil around the dosa and close it with a lid. The masala dosa should not be thick.
- Once the edges starts browning and the dosa is cooked, reduce the heat and add 2-3 Tbsp of potato masala, a little butter (optional) and fold the dosa.
- Since the masala dosa is cooked with a lid on, there is no need to cook the other side.
- Remove from tawa. The Masala dosa is ready to be served hot. You can fold it into half or as a triangle.
- Repeat the process for the rest of the batter.
- Serve with chutney and sambar of your choice.