



Buckwheat Dosa

Serving: 1

Veg

Ingredients

- -2 tbsp buckwheat flour
- -1 tbsp urad dal flour (split black lentils)
- -1 tbsp rice flour
- -1 tsp oil
- -1 tsp mustard seeds (rai / sarson)
- - $\frac{1}{4}$ tsp asafoetida (hing)
- -1 tsp finely chopped green chillies
- -2 tbsp finely chopped coriander (dhania)
- -salt to taste
- Other Ingredients
- -oil for greasing and cooking

Preparation Method

- -Combine all the flours the buckwheat . Add water to make dosa batter consistency . Keep aside ferment for an hour
- -Heat the oil in a small pan and add the mustard seeds.
- -When the seeds crackle, add the asafoetida and sauté on a medium flame for a few seconds.
- -Add the tempering, green chillies, coriander, salt and approximately 1 cup of water and mix well.
- -Heat a non-stick tava (griddle) and grease it lightly with oil.
- -Pour batter in a circular manner. Pour a little oil in the holes of the dosa and cook on
- -Serve immediately with green chutney.