**My Favorite Dish**

My favorite dish is Dosa and I like having it with Sambhar and coconut chutney.

This dish originated in India, and it is basically a rice pancake made with the fermented batter of

Urad dal and rice. Historian P. Thankappan Nair states, “Dosa originated in the Udupi town of present-day **Karnataka, India**.” This dish originated in South India because of the huge production of paddy. South-indian farmers have cultivated rice for a long time as their main crop. Therefore, they like to eat dishes made from rice. “According to food historian K. T. Achaya, dosa (as dosai) was already in use in the ancient Tamil country around the 1st century AD, as per **references** in the Sangam literature.” Dosa has many varieties like plain dosa, masala dosa, paneer dosa, and more. Adding different ingredients like chopped tomatoes and onions to a dosa makes it uttapam.

Dosa is made of urad dal and rice fermented batter. Its masala includes spices like turmeric, mustard, and salt according to taste. It takes nearly 5-7 minutes for one dosa to cook. It is easy to cook and tasty too. Some people say that dosa is junk food, as it has high levels of calories in the masala, such as mashed potatoes. So, as a healthier option, have the masala of chopped vegetables, with a side of hot sambhar and cold coconut chutney. I like to have it once a week. You should try it too.

References:

1.<https://en.wikipedia.org/wiki/Dosa>