

## Medu Vada Recipe | Sambar Vada

### Ingredients:

1. 1 cup urad dal (husked and split or whole black gram) – 200 grams
2. 2.5 to 3 cups water (for soaking)
3. 3 to 4 tablespoons water (for grinding)
4. ½ teaspoon cumin seeds
5. ½ teaspoon black peppercorns (whole or crushed)
6. 1 tablespoon chopped curry leaves (or 7 to 8 curry leaves)
7. ¼ cup finely chopped onions (optional)
8. 1 teaspoon chopped green chilies (or 1 to 2 green chilies)
9. 1 teaspoon finely chopped ginger
10. 1 pinch asafoetida (hing) – optional
11. ¼ cup chopped coconut pieces – optional
12. 2 tablespoons chopped coriander leaves – optional
13. ½ teaspoon salt (or as required)
14. Oil (for deep frying, as required)

### Instructions:

1. Rinse urad dal a couple of times with fresh water.
2. Soak the lentils for 4 hours or overnight.
3. Grind or blend the soaked lentils with water to form a smooth batter.
4. If the batter is too watery, add semolina, urad dal flour, or rice flour to thicken it.
5. Add cumin seeds, black peppercorns, curry leaves, onions, green chilies, ginger, asafoetida (optional), chopped coconut, coriander leaves (optional), and salt to the batter. Mix well.
6. Prepare a bowl of water and apply it on your palms to handle the batter easily.
7. Take some batter in your hand and shape it into a round shape by rolling it in your palms.
8. Use your thumb to make a hole in the center, forming a doughnut shape. Alternatively, use banana leaves or ziplock bags to help shape the medu vada.
9. Heat oil for deep frying in a kadai (wok) or pan, maintaining medium heat.
10. Once the oil is hot, gently slide the shaped vada into the hot oil.
11. Fry the vadas in batches, ensuring the oil isn't overcrowded.
12. Once the vada is golden on one side, gently turn it over with a slotted spoon.

13. Continue frying until the vada is crispy and golden on all sides.
14. Ensure the oil temperature is medium-hot; too hot will brown the vada too quickly, leaving it uncooked inside.
15. Too cool oil will make the vadas absorb too much oil.
16. Fry all vadas until evenly browned and crispy.
17. Drain the fried vadas on kitchen tissue to remove excess oil.
18. Serve the hot or warm medu vadas with sambar and coconut chutney.
19. They can also be served with other dips such as mint chutney, tomato chutney, or onion chutney.
20. For sambar vada, dunk the medu vadas in piping hot sambar.
21. Garnish with a side of coconut chutney for a complete meal.
22. Enjoy with steaming hot filter coffee for an authentic South Indian experience.