

Dosa Recipe (With Homemade Dosa Batter)

Ingredients:

1. ½ cup idli rice or parboiled rice (100 grams)
2. ½ cup regular rice (100 grams)
3. ¼ cup urad dal (50 grams, husked whole or split black gram)
4. 1 teaspoon fenugreek seeds (or 2 pinches, methi seeds or methi dana)
5. 2 tablespoons thick poha (flattened rice)
6. 1.5 cups water (for soaking both rice and lentils)
7. ¾ cup water (for grinding, adjust as needed)
8. ½ teaspoon rock salt or non-iodized salt (crystals or Himalayan pink salt)
9. Oil, as required

Instructions:

1. In a bowl, take the idli rice or parboiled rice along with the regular white rice. You can also use a total of 1 cup idli rice for the dosa.
2. Add urad dal and fenugreek seeds to the same bowl.
3. Rinse the rice, lentils, and methi seeds together a couple of times and set them aside.
4. In a separate bowl, rinse the flattened rice once or twice in water, then add it to the bowl containing the rice, lentils, and methi seeds.
5. Pour 1.5 cups of water into the bowl. Mix well, cover with a lid, and soak everything for 5 to 6 hours.
6. Drain all the water and transfer the soaked ingredients into a wet grinder jar.
7. Add ¾ cup water and grind until you achieve a fine grainy consistency, or smooth if preferred.
8. If the mixer heats up, pause for a few minutes to cool down before continuing to grind. Depending on your jar's capacity, you may need to grind in two batches. Add a total of ¾ cup water.
9. Once ground, transfer the batter to a large bowl or pan.
10. Add ½ teaspoon rock salt and mix well. Cover the bowl and allow the batter to ferment for 8 to 9 hours (the fermentation time will vary depending on temperature).
11. A properly fermented batter will double or triple in volume with tiny air pockets and a light sour aroma.
12. Stir the batter lightly before using it to make dosas.
13. Heat a cast iron pan. Once hot, spread ¼ to ½ teaspoon oil evenly over the pan. Keep the heat on low to low-medium to easily spread the batter.
14. If using a non-stick pan, skip the oil spreading as it will affect batter spreading.

15. Take a ladle of batter and pour it onto the center of the pan. Gently spread it from the center outward.
16. Cover with a lid and cook the dosa on low to medium heat. Adjust flame according to pan thickness.
17. Once the top is cooked and the bottom turns crisp and golden, drizzle $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon oil on the edges and center.
18. Spread the oil using a spoon across the dosa.
19. Cook until the base is golden and crispy. The dosa should lift from the pan, with the sides separating.
20. Fold and serve the sada dosa hot.
21. Repeat the process to make more dosas.
22. Serve these crisp plain dosas with sambar, potato masala, or coconut chutney.