**Plain Dosa**

Prep time: 9 hours Cook time: 25 min

**Ingredients:**

* ½ cup idli rice or parboiled rice
* 3 tbsp urad dal (split black gram)
* ½ tsp methi seeds (fenugreek seeds)
* 1 tbsp poha (flattened rice)
* 1½ cups water (divided)
* ½ tsp low sodium salt (adjust to taste)
* 2 tbsp oil (for cooking, plus more as needed)

**Instructions:**

**Soak the Ingredients:**

1. In a medium bowl, combine ½ cup idli rice (or parboiled rice), 3 tbsp urad dal, and ½ tsp methi seeds. Rinse them and set aside.
2. Rinse the 1 tbsp poha separately and add it to the bowl.
3. Pour 1½ cups water into the bowl, mix, cover with a lid, and soak for 5 to 6 hours.

**Grind the Batter:**

1. After soaking, drain the water from the soaked ingredients and transfer them to a wet grinder jar.
2. Add 2/3 cup water and grind until you achieve a smooth batter with a fine, grainy consistency.

**Ferment the Batter:**

1. Transfer the batter to a large bowl, add ½ tsp salt, and mix well.
2. Cover and ferment for at least 8 hours or overnight in a warm place until it doubles in volume and has a slightly tangy aroma.

**Cook the Dosa:**

1. Heat a cast iron pan or non-stick pan over low to medium heat. If using a cast iron pan, spread ¼ tsp oil evenly over the surface (skip the oil for non-stick pans).
2. Lightly stir the batter and pour a ladle full onto the hot pan.
3. Gently spread the batter starting from the center and moving outward to form a thin circle.
4. Cover with a lid and cook on low to medium heat.

**Finish Cooking:**

1. When the surface of the dosa looks set and cooked, and the bottom has become golden and crisp, drizzle ¼ tsp oil around the edges and on the center of the dosa.
2. Use a spoon to spread the oil, then cook until the base is nicely golden and crisp. The dosa will naturally lift from the pan when cooked.
3. Fold the dosa and serve hot with sambar or coconut chutney.