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## Sailu's Kitchen

*"Recipes from an Indian kitchen with a focus on Andhra cuisine. My blog is a humble attempt to preserve our culinary heritage and document traditional recipes"*

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## Attukula Attu (Poha Dosa) – Tomato Chutney



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Among the myriad varieties of dosas, a special mention must be made of Attukula dosa which also goes by the name of 'Sponge Dosa' because of its soft and spongy character. Friends who have tasted this dosa for the first time at our home have asked for the recipe. Sponge dosas are light and soft in the center with a slight crisp along the edges, simple yet delicious.



Rice, rice flakes (poha/attukulu) and fenugreek seeds are soaked in sour buttermilk overnight and ground to a smooth paste, the next morning. Unlike the masala dosa, here the dosa batter is not made into a large concentric circle on the tava. Ladleful of batter is poured on a hot tava to spread on its own, covered with lid and cooked to a soft and spongy texture.

### For Attukula Dosa:

- 2 cups rice
- 1/2 cup attukulu/poha/aval/rice flakes
- 3 1/2 cups thick buttermilk (sour)
- 1 tsp methi seeds
- 1/4 tsp cooking soda
- 1/2 tsp salt
- oil as required

Soak rice, poha, methi seeds in thick buttermilk overnight (8-10 hrs). Next morning, grind to a smooth paste. The batter should be of pouring consistency. Add salt and cooking soda and combine well. Leave aside for 2 hours.

Pre-heat an iron tawa on high for half a minute. Do the water test (sprinkle few drops of water over the hot tawa such that it sizzles) and reduce heat. Pour a large ladle full of dosa batter in the center of the tawa and gently with the back of the ladle make a very slight circular motion (as shown in the picture below) or just let the batter spread on its own naturally. Pour a half a tsp of oil like drops along the edge of the dosa. Cover with a lid and on medium heat let the dosa cook for a minute till the rawness disappears and the dosa browns. Flip the dosa and let it cook for a less than half a minute (need not cover with lid). Flipping the dosa and cooking on the other side is optional.

### For Tomato Chutney:

2 large tomatoes  
1 tsp cumin seeds  
2-3 green chillis  
pinch of asafoetida  
1/2 tsp salt  
3 1/2 tsps oil

Heat three tsps oil in a pan, add a tsp of cumin seeds and 3 green chillis and saute for a minute. Add 2 large sliced tomatoes and saute till they turn soft. Turn off heat and cool. Grind the sauteed tomatoes along with salt to a smooth paste (no water). For tempering, heat half a tsp of oil in a pan, add a half a tsp of mustard seeds and let them splutter. Add a dry red chilli, few curry leaves and pinch of asafoetida and turn off heat. Pour this seasoning over the chutney and serve with sponge dosas.





Sponge dosa with tomato chutney ~ Breakfast today

## Attukula Attu (Poha Dosa) – Tomato Chutney Recipe

Prep time: min

Main Ingredients: beaten rice





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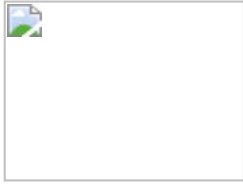
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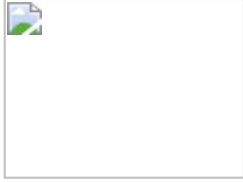
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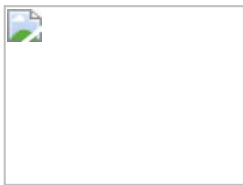
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Latha · 5 years ago

Dear Sailu,

I too have trouble getting sour curd or buttermilk where i live. If after soaking in normal buttermilk the batter is not sour enough can i leave it to ferment a bit (like regular dosa batter)? i suppose we get good dosas with holes only if the batter is sour enough.

*You could try leaving it for a few hours to ferment. Trial and error. :)*

10 ^ | v • Reply • Share >



**sowjanya** • 5 years ago

Hi sailu

can we soak them in water and make because i hate buttermilk and moreover we stay in abroad so we dont like yoghurt here can we make the same atlu by soaking them in water .. please reply me...

great job

thank you..

*You have to use buttermilk or yogurt. Do try it and you will love the flavor.*

6 ^ | v • Reply • Share >

**Chitra** • 2 years ago

Hi Sailu...the recipe looks yum!! Can I use rice flour instead of raw rice? Also, if I am using rice flour, how many cups should I use? Thanks!

12 ^ | v • Reply • Share >



**Aruna** • 5 years ago

Hello Sailu,

Thanks for wonderful recipe. Worked out well. Though I would like to point out one thing that the first time dosa didn't come out well. My mistake, buttermilk was not sour enough, I was concerned that it might get way too much sour so I kept soaked mixture in fridge overnight and made paste in the morning with plan to keep aside for 2 hours. During morning rush forgot about this and made dosa, all the while wondering why it was not spongy. It was tasty anyway so thought of trying next time and kept rest of the batter in fridge in 2-3 hours. In the evening when i made dosas it came out exactly like in your pictures. Wrote about this hoping this might help others who have posted comments here. Thanks a lot for a simple tasty recipe.

7 ^ | v • Reply • Share >



**Bujji** • 5 years ago

hi sailu,

i like ur dosas....so tried for the first time but dint come out well..i dint get the bubbly nature like urs..i dont know why...taste is good but the dosas are little hard...what mistake did i do..kindly tell me..i am very discouraged now :( ..please reply me..thankyou

4 ^ | v • Reply • Share >



**DT** • 4 years ago

Do you by any chance have the recipe of the chutney they serve with Guntur Idli in Chutneys Restaurant?The one with the pappu stuff?

3 ^ | v • Reply • Share >



**Vasundharamaviiram** • 2 years ago



**vasantharamayaram** • 2 years ago

Hi sailu, can u please send the recipes of eggless cake and biscuits which can be make without oven.....i like all ur receipes and i am trying them..... thank u

1 ^ | v • Reply • Share >



**riya** • 5 years ago

sailu i tried ur receipe it worked out very well thank u

1 ^ | v • Reply • Share >



**Dee** • 6 years ago

Hi Sailu, I'm planning to try out your recipe and have never made dosas before! What type of rice did you use? Was it white basmati rice? I'm thinking of trying it with brown basmati rice but I'm not sure if that would affect the taste much?

*I used regular 'sunnalu' rice. You can use 'sona masuri' also. I have not tried with brown basmati rice. It might differ in taste.*

1 ^ | v • Reply • Share >



**docwilu** • a year ago

Keep 2 hrs in the morn is tough for me breakfast needs to b ready by 6 . . So can i make it the previous day

^ | v • Reply • Share >



**anvesha** • 2 years ago

hi sailu

just a quick question. as i mentioned in my earlier post, the dosas came out wonderful. but after i kept the batter in the fridge and tried making the dosa the next day evening, they kinda came out flat and not spongy. do i need to add a tad bit of soda everytime i take the batter out of the fridge? because the initial two times, i did just that and it came out great. but the last time i dint add any more soda, and it came out flat. so is that the mistake i did? please enlighten me.

^ | v • Reply • Share >



**anvesha** • 2 years ago

Your recipe worked out the best for me. Thanks a tonnn!!!

^ | v • Reply • Share >



**Prasadmrr** • 3 years ago

what a collection and innovative ideas in cooking world, great, very helpful to all the singles in US  
prasad

^ | v • Reply • Share >



**Bindumolleti** • 3 years ago

Nice recipe...will surely do  
Thankyou

^ | v • Reply • Share >



Does the batter have to ferment, in the sense does it have to double in volume or does it just have to sit around. I live in Philadelphia and the first time I made it, it was perfect. The next two times tho, not so great. I let the batter sit but it didn't rise. Does it have to?



*It will rise but not too much like normal masala dosa batter will.*



Thank u so much Sailu



I've tried many versions of this amazing dosa but but could never get the real taste..At last i found your recipe and looking at the picture itself i felt this is the right one. till now i made it three times and got the perfect result..thanks a ton..



can u pls post measurments for crispy plain dosa just like in restuarants..



This sounds so good, and easier, too :)



thanks very much for the prompt reply, Sailu. I ground for set dosa the day i asked you this query. will soak for this next:) set dosa is a family favourite now. it gives such spongy dosas. thank you so much.



how many days can we store this batter in fridge?

*2-3 days, after that it will turn very sour.*



hi sailu, ur recipes r very nice. i tried ur poha dosa and got very tasty poha dosa. thanks for ur recipes. i want green dal recipe. can u pls post it?

9/14



**Sneha** • 6 years ago

Hi,

For how many days can we keep the tomato chutney?

Thanks a lot for your recipes they are awesome.

*Your welcom. You store in the fridge for 2-3 days.*

^ | v • Reply • Share >



**Dee** • 6 years ago

Thanks Sailu, I managed to find sona masuri rice so will be using that :)

Just one last question, does the rice/poha/buttermilk mixture need to be left to soak in the fridge? Or is it safe to leave it out overnight?

^ | v • Reply • Share >



**swapna** • 6 years ago

Very good recipe Sailu, loved the pacchadi with poha dosa, as you said it is an excellent combo.

Thanks a lot and give us more great recipes.

^ | v • Reply • Share >



**Shubha** • 6 years ago

Hi Sailu...

Luv all your recipes especially the attractive presentation and excellent photos...tried many of them... all of them turn out to be gud.....

I m a mangalorean married to an andhrite... hence u r truly my angel guide for Andhra food...

m planning to try your fennel flavoured egg curry tomorrow...

I am very keen on trying to this attukula dosa... just wanted to check with you whether to use thin or thick poha for this...

Please do respond... m really confused..

*Thanks for the positive feedback and kind words, Shubha. Happy to learn you are enjoying Andhra food. You can use any kind of poha.*

^ | v • Reply • Share >



**Chrystal** • 6 years ago

Hi Sailu... will try this in a couple of days. Can you tell me which rice did u use.. d boiled variety of the raw rice (basmati).

I love ur site... have tried a few of the recipes n my family loved them.

Thanks

*Raw rice.*

^ | v • Reply • Share >



**neha** • 6 years ago

i tried this recipe. it was really soft n yummy but dosa was little sour to taste n became little watery. but thanks a ton for this wonderful recipe.

^ | v • Reply • Share >



**kiran** • 6 years ago

Hi sailu.

We just tried the tamato chutney, its too good and was very tasty.  
But I think its time if you can add the video version:)

^ | v • Reply • Share >



**susheela** • 6 years ago

Hi sailu garu

I tired ur poha dosa and tomato chutney it came out excellent.  
Thanks for ur recipe

^ | v • Reply • Share >



**varshik** • 6 years ago

hi sailu

this dosa is gr8. fine to c ur pics. how to get them more crisy?

^ | v • Reply • Share >



**maha lakshmi** • 6 years ago

hai sailu i have a doubt what is poha, and cumin seed. i dont under stand please send reply i want to try this. really it's looking awesome

^ | v • Reply • Share >



**Eashwari** • 6 years ago

Hi sailu garu

Today I saw your website for a recipe of your's through Eenadu news paper. I was surprised by seeing my favorite item, dosa. Often I make Dosa but not like this. First time I found a nice recipe. I am going to try it today. But every day I am unable to surf the Internet. So can you please arrange a cook book for each and every item in this website.

^ | v • Reply • Share >



**susheela** • 6 years ago

Hi sailu garu

Nice recipe. Am going to try it today. Just wanted to ask. Till how many days the batter can be good to use?

*If refrigerated, 5-7 days is fine. Beyond that, the batter will turn very sour.*

^ | v • Reply • Share >



**swathi** • 7 years ago

hey above u have mentioned rice....i didnt understand whether is it cooked (or) uncooked rice????

*Raw rice*

^ | v • Reply • Share >



**Sujatha** · 7 years ago

Hi Sailu, i m sure u have heard it before but all the recipes you have on the website are awesome!!!  
Great going...

^ | v · Reply · Share >



**diyaa** · 7 years ago

hi sailu

visiting ur site after for a long time.

planning to make poha **dosa.one** doubt regarding the measurements. r u using the regular measuring cups which is 1 cup is 8oz the one we use in usa.

waiting for ur reply

*You can use US measuring cup, Diyaa.*

^ | v · Reply · Share >



**shobha patil** · 7 years ago

Hi madam,i've tried this dosa and came very well...this is a regular recipe now at our house..thanks for this wonderful recipe..

^ | v · Reply · Share >



**vandu** · 7 years ago

it is so nice ti eat it is very smmoth i like so much thanx for giving this receipe

^ | v · Reply · Share >



**kashishhh** · 7 years ago

Hey Sailu..

your website has helped me realise my love for cooking..

thnk u so muchh..

^ | v · Reply · Share >



**marina** · 7 years ago

can u not do without the baking / cooking soda???? let me know please, wud like to try it out without the soda... thanks marina

*You can do it without soda also though I have never tried without cooking soda.*

^ | v · Reply · Share >



**shaikhmohammed** · 7 years ago

yes, indeed simple but exotic reciepe. but does not it look like uttapam?

^ | v · Reply · Share >



**cookingsimplified** · 7 years ago

Love your site. Its quite well done. This is a great way to teach people how to cook indian food.

^ | v · Reply · Share >



**pritya** · 7 years ago

Hi Sailaja, I am excited about this dosa...somehow it has never turned out as good looking as yours. They look so spongy and fluffy that I can almost feel them tangibly. Incredible. My breakfast tomorrow morning. Recipe looks like a sure success.

^ | v · Reply · Share >



**Vidya** · 7 years ago

This looks great! thanks for sharing. Can I use baking powder instead of soda?

*No. Only baking soda.*

^ | v · Reply · Share >



**Amrutha** · 7 years ago

Hey Sailu,

I've been an ardent fan of your blog, regularly following your interesting recipes and enjoying the pictures as much as the recipes. I felt you deserved a cute award. Check my blog:

<http://chefnme.blogspot.com>.

Pass on the joy!

Cheers!

^ | v · Reply · Share >



**Arun Shanbhag** · 7 years ago

Ha hA! we just made this last weekend! Took some pics too. will share over the weekend.

Thanks to your blog, I enjoy great dinner!

:-))

^ | v · Reply · Share >



**sandhya** · 7 years ago

hey sailu

can you tell me how to prepare sour buttermilk..we live in us and i buy the yogurt from stores....it doesnt turn sour very easily..any tips..

thanks

sandhya

^ | v · Reply · Share >



**Poornima** · 7 years ago

Sailu wonderful recipe again! Quick question - is cooking soda same as baking soda? And is it mandatory? Also can the batter be made in a regular blender or do you need a wet grinder?

Thanks!

*Yes, Purnima, cooking soda is the same as baking soda and is necessary for this recipe. Well, since its rice we are grinding, a wet grinder works best.*

^ | v · Reply · Share >



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