



## DOSA

### SHOPPING FOR YOUR CLASS

Your recipes include some specialty ingredients, like Urad Daal, Idli Rava, Asafoetida, Chana Dal, Fresh Grated (frozen) Coconut, Kashmiri Chilies and Curry Leaves. These ingredients are available at Indian grocery stores.

### MISE EN PLACE

- The day before your class prepare your batter, following the instructions for Day 1. Please use the video provided for reference.
- On the day of your class, please have the potatoes boiled ahead of time for the potato filling.

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## DOSA

Recipe by Aditya Raghavan

### *For the Dosa Batter:*

1 cup whole, de-husked urad daal (small, pellet-sized, round and white lentils)

3 cups idli rava

1 tsp fenugreek seeds

Water

Salt to taste, approximately 1.5 tablespoons.

### *Potato filling:*

2 large russet potatoes, boiled

1 medium onion sliced thin

1/2 tablespoon of crushed ginger

1 teaspoon salt

2 tablespoons oil

*1/2 teaspoon turmeric powder  
1/4 teaspoon asafoetida  
1 teaspoon black or brown mustard seeds  
2 teaspoon chana dal  
2 Thai green chilies  
10-12 curry leaves*

*Garnish:*

*Cilantro leaves chopped up*

*Coconut Chutney:*

*1 cup frozen fresh-grated coconut (available at the Indian grocery store)  
1 Thai green chili  
2 tablespoon chana dal (dried and split chickpea lentils, available at the Indian grocery store)  
2 tablespoon coconut oil or all purpose cooking oil  
1 teaspoon mustard seeds  
3-4 curry leaves  
Juice of half a lime*

*Gunpowder:*

*1/4 cup channa dal  
1/4 cup urad dal  
6 whole Kashmiri red chilies  
2 tablespoon sesame seeds  
1/2 teaspoon Asafoetida  
Salt to taste.*

*For the Batter:*

**Day 1:**

- Soak the urad daal with fenugreek seeds in water. Fill up enough to just cover the lentils. Let it soak for 6 hours.
- After 6 hours, take the idli rava and soak in room temperature water, again just enough to hydrate it.
- The urad daal should have absorbed enough water at this point. Pour the urad dal and fenugreek seeds, with all the remaining water, into a blender on smoothie setting. We need to blend this into a really smooth, thick, hummus-like viscosity with no graininess.
- Now, squeezing out excess moisture from the idli rava, add it to the blender and give it a go. If the batter is too thick, add a quarter cup of water at a time. If the batter is getting too warm in the blender, use a few cubes of ice instead of water.
- After a minute or two, you end up with a thick-ish batter that isn't necessarily free flowing (thicker than a pancake batter).

- Remove and scrape out all the batter into a storage vessel of some kind, like a plastic box with a lid, or simply a mixing bowl. Make sure the contraption has enough room for the batter to rise.
- Cover the batter (it will rise by about 1.5 times) and leave in a warm place for at least 12 – 16 hours (ideally 25°C)

## **Day 2:**

- The batter will have crested the next day. Stir it down with a spoon to release excess carbon dioxide.
- At this point, add water, in small increments to get a thick and free flowing batter, somewhere between a crepe batter and a pancake batter. Salt liberally with 1.5 tablespoons of salt. Taste the batter to make sure there is a bit of tartness from the fermentation and the salt is enough to bring out the flavour.
- The batter is now ready to make dosas with.
- Heat a non-stick 8" or 10" frying pan to medium heat. When the pan is hot, pour roughly ½ cup of batter and spread it with a ladle in a circular motion to the edges of the pan. Swirl about a half teaspoon of oil along the edges of your crepe. (about 2 minutes)
- Once you notice some browning of the crepe, using a fish spatula, begin to work the bottom side off of the pan. Once it is freely moving and off, flip the dosa. The flip side needs to cook for only 30 seconds or so.
- Flip back and add a generous 1/2 cup of potato filling. Spread it along one end of the dosa, so it can be rolled like a crepe.
- Before making the second dosa, take a wet cloth and wipe down the frying pan.

## For the Potato Filling:

- Add potatoes whole with skin on in a 4-quart pot and fill it with water. Add a teaspoon of salt and bring to a boil. Boil for about 20 minutes till a knife goes through the potatoes without any resistance.
- Peel boiled potatoes and roughly mash them up in a mixing bowl. We are not looking for a smooth and airy mash, but crumbly, starchy, and a bit lumpy. Toss 2 teaspoons of salt with the potatoes and leave it aside.
- In a wok or medium sized pot, add the oil and add the mustard seeds and chana dal
- Once the mustard seeds begin to splutter, add the onions and a bit of salt.
- Sweat the onions and cook them without browning them.
- Once they have softened, add turmeric, asafoetida, curry leaves and green chilies
- Fry for a couple of minutes, then add the potatoes and mix well.
- Cook for a few minutes adding a bit of water to make sure it mixes well.
- Fix seasoning once done and transfer to a bowl.

#### For the Chutney and Gunpowder:

- For the gunpowder recipe, bring a pan to medium heat. First toast the chana dal, urad dal, asafoetida and red chilies, adding about 2 teaspoons salt.
- Keep stirring until the urad dal begins to turn brown. Switch the heat off and immediately add the sesame seeds. Sesame seeds tend to burn easily so toast them in the residual heat. Once toasted, transfer immediately to a bowl to cool off.
- Blitz in a spice grinder, into a powder. The powder can be coarse and need not be a fine powder (but this is up to your preference)
- Make the coconut chutney in the same pan, adding a bit of oil and frying the chana dal with the green chili.
- Once the chana dal turns brown, take off heat and pour into a blender with the grated coconut.
- Blend for a few minutes adding water in increments, up to 1/2 cup, to ensure a smooth mixture. Pour into a serving bowl.
- Fix the seasoning with a bit of lime juice and salt.
- In the same pan, heat some more oil and splutter the mustard seeds. Pour this mix over the chutney then fold it in.

#### **EQUIPMENT**

Spice grinder

Knife and cutting board

Wooden spoon

Mixing bowl

Blender

Measuring cups and spoons

Fish Spatula

10" Non-stick frying pan or well-seasoned cast iron skillet (we will demonstrate on both)