



Learn to Make Indian Dosa

The stunningly versatile south Indian crepe-like 'Dosa' is made with a light airy fermented rice-lentil batter. These are my simple steps with a timeline for getting the best results. This batter can also be used for making the pancake version 'Uthappam'.

INGREDIENTS

- 1 cup raw rice, parboiled rice works best, *Or use any variety you have on hand*
- 1/3 cup de-skinned split Urad lentils/Matpe/Beluga beans, *Or use yellow split Toor or Moong lentils*
- 1/2 teaspoon salt
- 1/2 teaspoon fenugreek seeds *optional, if you have some on hand*
- 1/4 teaspoon active dry yeast only for some situations, see notes below
- Ghee, butter, or cooking oil *for making the dosa and uthappam*

INSTRUCTIONS

Soak Overnight

1. Measure, wash and soak the rice, lentils, and fenugreek seeds (if using) in a large bowl overnight.

2. The longer they soak, the quicker the process of grinding.

Grind the Next Morning

1. Retain 1/2 cup of the soaking liquid and drain the water from the grains.
2. Add the grains to the container of a food processor or blender, along with 1/2 cup of soaking liquid and salt.
3. Grind the batter in a blender or food processor for 4-7 minutes on the clock, stirring occasionally to make sure all the grains are being ground (heavy rice grains like brown rice needs more water to grind, add water only one tablespoon at a time as needed). The batter will have a crepe batter consistency at this stage.
4. Pour the batter back into the large bowl. If your situation needs yeast, add it at this stage.
5. Cover with plastic wrap and let it ferment in a warm spot in your kitchen for about 6-7 hours or even overnight.

Batter is Ready for Use!

1. The fermented batter will have a light airy look after 6-7 hours and a slightly thick pancake batter consistency.
2. At this stage, it's ready for use.
3. Stir well, adding water as required to thin it down at any stage.

Making Dosa (Crepe)

1. Heat a griddle tawa or heavy bottom flat pan on the stovetop. When the griddle is hot, use a paper towel to sparingly grease the surface of the pan (too much oil hampers the process of making Dosa crepes.)
2. Drop about 1/4-1/2 cup of thick batter on the hot griddle. Starting at the center, use the back of your spoon or cup in an inward-to-outward circular motion to create a thin crepe. Or just make sure to spread the batter in a thin layer over the griddle.
3. Add any filling or topping over the Dosa. Cook for about a minute till the edges of the crepe lift off the griddle. Dosa doesn't need to be cooked on the inner side unless it's thick.

Making Uthappam (Pancake)

1. Add a small dab of oil to a heated griddle pan and drop about 2 tablespoons (for mini-uthappams) of thick dosa batter on the hot griddle, or more based on the required size for the pancakes.
2. Sprinkle the desired topping mix over the uthappam and add a few drops of oil over it.
3. Cook for about a minute on one side, and flip to cook the other side only for 30 seconds. The topping will form a delightful crust.

Serving and Storage

1. Serve dosa and uthappam right off the pan with your choice of chutneys and Sambhar.
2. Dosa batter stores well, refrigerated in a glass container, for 3 days up to a week.

NOTES

Situations that need Yeast:

Yeast is not really a requirement for this batter but it will speed up fermentation in cooler temperatures. If you're in no rush and the weather is fairly warm, I'd suggest letting the batter ferment naturally.