

Dosa Recipe



A traditional Dosa (with a 4:1 rice: lentils ratio is not super high in protein, with between 2-4 g of protein per dosa). However, this ratio is up for adjusting, and a lentil dosa / adai can pack a very cool 8-10 g protein per dosa.

To put this in perspective, my son eats 4-5 lentil dosas (adais) for breakfast, starting him off with 40 g of protein JUST for breakfast. Your child may eat 1 or 2. But that is still a phenomenal source of both micro and macro-nutrients.

You can choose to ferment it or not... [I recommend fermenting for most people].Check out my reels/videos for complete Dosa Making.

- Step 1 - Dosa Ingredients
- Step 2 - Soaking for a Dosa
- Step 3 - The Batter
- Step 4 - Fermented Batter
- Step 5 - How to make a Dosa

DOSA Option 1

Measure 4 cups of parboiled rice and 1 cup of Urad Dal
Rinse, drain and soak in enough water to cover well
Optional (add 1tsp fenugreek seeds to the rice)

DOSA Option 2

Measure 1 cup of yellow split mung dal
Rinse, drain and soak in excess water
Optional, add a handful of rice for crisping the dosa.

Grinding the lentils and rice that we soaked yesterday for 8-10 hours (or 3-4 hours if you choose option 2, the mung dal dosa)

DOSA 1 (Rice+Urad)

1. Drain Urad Dal
2. Blend into a thick batter with some water
3. Drain Rice
4. Blend into a thick batter with some water
5. Mix both Rice and Dal Batter with some salt (about 2 tsps for a total of 5 cups before soaking)
6. Keep in a warm place to ferment

DOSA 2 (Only Mung Beans)

1. Drain
2. Blend with water, chilies, ginger, salt
3. We don't ferment this batter.

The batters that you left outside yesterday has fermented!!! It is time for the batter to find the fridge.

This is DOSA 1 (Rice+Urad). Perhaps you can see the nice bubbles. Store the fermented sour batter in the fridge.

If you need more help with the instructions, make sure to sign up for the [Dosa Challenge](#).