DietCloud – Recipe

Recipe Name: Spicy Neer Dosa Recipe
Diet Type: Vegetarian
Course: South Indian Breakfast
Cuisine: Mangalorean
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Broken Raw Rice - (Sona Masuri or any local rice) • 1 cup Fresh coconut - grated • Salt - to taste • Sunflower Oil - to grease the pan • 2 tablespoon Coriander (Dhania) Seeds • 1 teaspoon Methi Seeds (Fenugreek Seeds) • 2 teaspoon Cumin seeds (Jeera) • 4 Dry Red Chillies	4

Preparation

• To begin making the Spicy Neer Dosa Recipe; we will first soak the rice in completely immersed in water for at least 3 hours.
• Once the rice is soaked well, drain out the water.
• Grind the soaked rice, coconut and salt in a blender adding water little at a time to make a smooth batter.
• It is important to add a little water at a time to grind the rice into a smooth batter.
• When you feel the batter between your fingers it should be smooth and not coarse.
• Once the Neer Dosa batter is ground, transfer it to a large bowl.
• Add enough water such that the dosa batter has a smooth flowing consistency.
• The consistency of the batter should be such that the batter has a very thin coating at the back of the spoon and not a thick coating.
• If if forms a thick later, then the you need to add a little more water.

• Check the salt levels and adjust to suit your taste.
• The Neer Dosa batter is now ready to be made.

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• The Neer Dosa is made very similar to the Rava Dosa.

• We pour the dosa batter on the hot pan and it will spread itself creating holes.

• Note: It is a good idea to use an iron pan, as the texture and the softness of the dosa comes out perfectly with an iron pan.

• To begin, make sure you have a greased and seasoned iron pan.

• Grease and preheat the iron pan until it is sizzling hot.

• When you sprinkle water on the pan; the water will sizzle and evaporate.

• Once you have the right heat on the pan; pour a ladle of the batter in a circular motion starting from the outer edges.

• The batter will sizzle and flow to spread itself.

• Fill in the batter where there are gap, but do allow the dosa to have a few tiny holes.

• There is no need to sprinkle oil to cook the Neer Dosa.

• The Neer Dosa cooks very quickly; when you notice the top of the dosa is no longer raw, the Neer Dosa is cooked and has a rich white colour.

• The cooking process will take less than 30 seconds per dosa.

• Slide a flat spatula from the sides of the pan and fold the Neer Dosa into a half and then into another half to form a triangle.

• Once they cool down, you can place them one on top of the other; into a covered bowl and serve warm.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)