DietCloud – Recipe

Recipe Name: Kollu Masala Dosa Recipe - High Protein Horse Gram Dosa

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: Konkan

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Rice • 1/2 cup Horse Gram Dal (Kollu/ Kulith) • 1 teaspoon Methi Seeds (Fenugreek Seeds) • Water - to make the batter • Sunflower Oil - for frying • Salt - to taste • 2 Potato (Aloo) - cooked and cubed • 1 Onion - sliced • 1/2 teaspoon Mustard seeds • 1 sprig Curry leaves • 1/2 teaspoon Turmeric powder (Haldi) • 1/2 teaspoon Red Chilli powder • 1 Green Chilli • 1/2 cup Coriander (Dhania) Leaves - chopped for garnish • 1 teaspoon Sunflower Oil	4

Preparation

• To make Horse Gram Masala Dosa Recipe, first clean and wash the rice, horse gram and fenugreek seeds.
• Soak them together for 5 hours in water.

• Place the kollu dosa batter in a deep vessel, cover it and allow it ferment for 8-10 hours or overnight.

• In a pan, add 1 tablespoon of cooking oil.
• Once the oil is hot, temper with mustard seed, curry leaves and fry the onions and green chilli.

- Roughly the boiled potato cubes and mix all the ingredients well.
- Add salt, give it all a good stir and turn off the flame.
- Garnish with chopped coriander leaves and keep the aloo masala aside.
- The final step is to make the kollu dosa and stuff it with the potato masala.
- To prepare the kollu dosa, mix the fermented batter well with salt and water (if required) and bring it to a smooth and yet spreading consistency.

- Add a teaspoon of oil and spread it on the dosa tawa.
- Pour a cup of batter on the tawa and spread the batter evenly into a circle.
- Drizzle, oil around the kollu dosa and cook on medium heat until the dosa is browned and crisp.

Macronutrients

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