

Recipe Name: BUCKWHEAT DOSA
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients For Buckwheat Dosas 1 cup buckwheat (kuttu or kutti no daro) 1/4 cup urad dal (split black lentils) 1 tbsp oil 1 tsp mustard seeds (rai / sarson) 1/4 tsp asafoetida (hing) 2 tsp finely chopped green chillies 2 tbsp finely chopped coriander salt to taste.

Method For buckwheat dosas

To make buckwheat dosas, combine the buckwheat and urad dal in a mixer and blend to a fine powder. Transfer the powder in a deep bowl and keep aside. Heat the oil in a small pan and add the mustard seeds. When the seeds crackle, add the asafoetida and sauté on a medium flame for a few seconds. Add the tempering, green chillies, coriander, salt and approximately 3 ¼ cups of water and mix well. Heat a non-stick tava (griddle) and grease it lightly with oil. Pour a ladleful of batter in a circular manner. Pour a little oil in the holes of the buckwheat dosa and cook on both the sides till golden brown in colour. Repeat step 7 to make 19 more buckwheat dosas. Serve the buckwheat dosas immediately with green chutney.

Ingredients

Ingredient

Quantity

• Need to Fill

Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	10	8	2