DietCloud – Recipe

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



Description

Buckwheat Dosa is a wholesome and naturally gluten-free take on the beloved South Indian crepe, offering a nutritious option for breakfast or a light meal. Crafted primarily from fermented buckwheat flour, these thin, porous pancakes boast a subtly nutty flavor and a satisfying texture. They are traditionally served hot, often accompanied by an array of flavorful chutneys, sambar, or a simple vegetable curry.
[PROS]
- Naturally gluten-free, suitable for celiac or gluten-sensitive individuals.
- High in fiber, promoting digestive health and sustained satiety.
- Rich in plant-based protein and essential minerals like magnesium and manganese.
[CONS]
- Requires soaking and fermentation time, which needs advance planning.
- The distinctive nutty, earthy flavor of buckwheat may not appeal to everyone.
[DIETITIAN REVIEW]
This Buckwheat Dosa is an excellent, nutrient-dense meal choice, particularly beneficial for those seeking gluten-free options. Its significant fiber and protein content supports sustained energy levels and digestive wellness. The fermentation process further enhances its digestibility and nutrient bioavailability. Score: 8.5/10

Ingredients

Ingredient	Quantity
• Buckwheat flour	1 cup
• Water (for soaking and blending)	1.5 cups (approx.)
• Salt	1/2 teaspoon
• Fenugreek seeds (optional • for soaking)	1/2 teaspoon
• Cooking oil or ghee (for cooking dosas)	2 tablespoons

Preparation

• 1.

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• Thoroughly rinse buckwheat flour and fenugreek seeds (if using).
• Place them in a bowl with 1.
• 5 cups of water and soak for 4-6 hours or preferably overnight.
• 2.
• After soaking, transfer the buckwheat (and fenugreek seeds) to a blender.
• Add salt and a little fresh water if necessary, blending until you achieve a smooth, pourable batter consistency, similar to traditional dosa batter.
• 3.
• Pour the batter into a clean bowl, cover it loosely, and allow it to ferment at room temperature for 8-12 hours, or until it shows slight bubbling and develops a mild sour aroma.
• (Fermentation time may vary based on ambient temperature).
• 4.
• Heat a non-stick tawa or cast-iron griddle over medium heat.
• Lightly grease the surface with a small amount of oil or ghee.
• 5.
• Pour a ladleful of the fermented batter onto the hot tawa and quickly spread it outwards in a circular motion with the back of the ladle to form a thin, even dosa.
• 6.
• Drizzle a few drops of oil or ghee around the edges and cook for 2-3 minutes until the bottom turns golden brown and crispy, and the edges begin to lift from the tawa.
• 7.
• Carefully flip the dosa (optional, but can ensure even cooking for buckwheat dosas) and cook for another minute on the other side.
• 8.
• Remove the cooked dosa from the tawa and repeat the process with the remaining batter.
• Serve the Buckwheat Dosas immediately with your preferred chutneys or sambar.

Macronutrients

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