

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



Description

Ingredients

Buckwheat Flour (Kuttu ka Atta): 1 cup. Some recipes add a small amount of urad dal powder or sago pearls (sabudana) for extra crispness and texture. Water or Buttermilk/Curd: As needed to achieve a thin, pourable consistency, similar to traditional rava dosa batter. Flavorings: Cumin seeds (jeera) Finely chopped green chilies and ginger Chopped coriander leaves Salt (rock salt/sendha namak if fasting) Optional tempering of mustard seeds and asafoetida (hing) Oil or Ghee: For cooking the dosa.

Instructions

Prepare the Batter: In a mixing bowl, combine the buckwheat flour, salt, cumin seeds, chopped green chilies, and ginger. **Mix in Liquid:** Gradually add water or buttermilk, whisking continuously to ensure a smooth, lump-free, thin batter. The consistency should be runny enough to spread easily on the pan. **Rest:** Allow the batter to rest for 15-20 minutes to allow the flour to hydrate properly. **Cook the Dosa:** Heat a non-stick or well-seasoned cast-iron tawa (griddle) over medium-high heat and lightly grease it with oil or ghee. Pour a ladleful of the batter onto the hot pan, starting from the edges and swirling inward to create a thin, circular crepe. Drizzle a little more oil or ghee around the edges and in any holes that form. Cook until the edges start to lift and turn golden brown and crisp (about 2-3 minutes). **Flip and Serve:** Gently flip the dosa and cook for another minute or two on the other side. Fold and serve immediately.

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