DietCloud – Recipe

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



Description

This Mysore Barley Dosa presents a wholesome twist on the classic South Indian pancake. Golden-brown and delightfully crispy, these dosas are skillfully folded and served warm, offering a unique nutty flavor from the barley. They are traditionally accompanied by a vibrant, spicy red chutney, creating a perfectly balanced and satisfying meal.
[PROS]
- High in dietary fiber from barley, promoting digestive health.
- Good source of complex carbohydrates for sustained energy.
- Improved digestibility due to fermentation of the batter.
- Lower glycemic index compared to plain rice dosa, supporting stable blood sugar.
- Contains essential minerals like magnesium and selenium from barley.
[CONS]
- Requires significant preparation time (soaking, grinding, fermenting).
- Can be high in oil if cooked with excessive amounts, increasing calorie count.
- Barley contains gluten, making it unsuitable for individuals with celiac disease or gluten sensitivity.
[DIETITIAN REVIEW]
This Barley Dosa is an excellent nutritional upgrade to a traditional favorite. The inclusion of barley significantly boosts fiber content, promoting gut health and helping to stabilize blood sugar levels. While the preparation is time-consuming, the fermented batter enhances nutrient absorption, making it a wholesome choice. Score: 8/10

Ingredients

Ingredient	Quantity
• Hulled Barley	1 cup
• Idli Rice (parboiled rice)	1/2 cup
• Urad Dal (split black lentils)	1/4 cup
• Fenugreek Seeds	1/2 teaspoon
• Water	As needed for soaking and grinding
• Salt	1 teaspoon (or to taste)

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• Cooking oil or Ghee	1-2 teaspoons per dosa

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Preparation

• 1.

• Rinse hulled barley, idli rice, and urad dal separately.

• Combine barley, rice, urad dal, and fenugreek seeds in a large bowl, cover with adequate water, and soak for 6-8 hours or overnight.

• 2.

• Drain the soaking water.

• Grind the soaked grains and lentils with fresh water until a very smooth, pourable batter forms.

• The consistency should be slightly thick, similar to pancake batter.

• 3.

• Transfer the batter to a large bowl, add salt, and mix well.

• Cover the bowl and let it ferment in a warm place for 8-12 hours, or until it has risen and become slightly airy and tangy.

• 4.

• Once fermented, gently stir the batter without deflating it too much.

• Heat a non-stick tawa or cast-iron griddle over medium heat.

• Lightly grease it with oil or a halved onion rubbed on the surface.

• 5.

• Pour a ladleful of batter onto the hot tawa and spread it outwards in a circular motion to form a thin dosa.

• Drizzle 1-2 teaspoons of oil or ghee around the edges and over the dosa.

• 6.

• Cook until the bottom turns golden brown and crispy, and the edges start to lift.

• Gently fold or roll the dosa and carefully remove it from the tawa.

• 7.

• Serve immediately with coconut chutney, sambar, or your preferred spicy red chutney.

Macronutrients

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