DietCloud – Recipe

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



Description

A wholesome and versatile take on the classic South Indian dosa, this Mixed Flour Dosa offers a delightful blend of various flours for enhanced nutrition and flavor. These thin, crispy pancakes are typically served hot with a side of fragrant sambar and a refreshing coconut or mint chutney, making for a complete and satisfying meal or snack. The image shows several light brown, thin, folded dosas on a black pan, accompanied by a white bowl of reddish-orange sambar and a glass of light yellow-green chutney.
[PROS]
- Rich in dietary fiber due to the inclusion of multiple whole grain flours.
- Provides a good source of plant-based protein, especially with lentil flours like urad dal and besan.
- Offers a wider spectrum of essential vitamins and minerals compared to single-grain dosas.
- Can have a lower glycemic index, contributing to better blood sugar management.
- Naturally gluten-free if flours like rice, ragi, and jowar are chosen over wheat.
[CONS]
- Can be calorie-dense if consumed in large portions or prepared with excessive oil.
- Preparation time might be longer due to various flours and potential resting periods for the batter.
- Some specific flours might not be readily available in all geographical regions.
[DIETITIAN REVIEW]
This Mixed Flour Dosa is an excellent choice for a nutritious and balanced meal, effectively combining the benefits of diverse grains and legumes into a delicious package. Its high fiber and protein content promote satiety and stable blood sugar levels, while the blend of flours enhances micronutrient intake. Score: 8/10

Ingredients

Ingredient	Quantity
• Rice Flour	1/4 cup
• Whole Wheat Flour (or Jowar/Ragi Flour)	1/4 cup
• Besan (Chickpea Flour)	2 tbsp
• Urad Dal Flour (or finely ground urad dal)	1 tbsp
• Semolina (Sooji)	1 tbsp (optional, for crispiness)
• Finely chopped onion	1 tbsp

• Finely chopped green chili	1/2 tsp (or to taste)

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• Grated ginger	1/2 tsp

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• Cumin seeds	1/2 tsp

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• Salt	to taste

- Water — approx. 1 to 1.5 cups (for batter consistency)

- Oil (for cooking) 1-2 tsp

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Preparation

• 1.

• In a large mixing bowl, combine the rice flour, whole wheat flour (or jowar/ragi), besan, urad dal flour, semolina (if using), chopped onion, green chili, grated ginger, cumin seeds, and salt.

• 2.

• Gradually add water, whisking continuously to form a smooth batter without lumps.

• The consistency should be slightly thinner than typical pancake batter but thicker than traditional instant dosa batter, allowing it to spread easily.

• Let the batter rest for 15-20 minutes.

• 3.

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

• Once hot, lightly grease it with a few drops of oil using a tissue or brush.

• 4.

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

• 5.

• Drizzle a few drops of oil around the edges and over the dosa.

• Cook until the bottom turns golden brown and crispy, and the top surface appears cooked.

• 6.

• Gently loosen the edges with a spatula and fold the dosa in half or roll it up.

• Transfer the cooked dosa to a serving plate.

• 7.

• Repeat the process with the remaining batter, re-greasing the tawa lightly before cooking each subsequent dosa if needed.

• Serve hot immediately with your preferred sambar and chutney.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
250	5	40	10	2	2