

Recipe Name: Medu Vada With Onion (Savoury Donuts) Recipe

Diet Type:

Course: South Indian Breakfast

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup White Urad Dal (Split)	2
• 1 Onion - finely chopped	
• 1/2 inch Ginger - optional	
• Baking soda - A generous pinch	
• 2 sprig Curry leaves - chopped (optional)	
• Coriander (Dhania) Leaves - chopped	
• Salt - to taste	
• Sunflower Oil - to deep fry	

Preparation

- To begin making the Medu Vada with Onion, firstly wash and soak the urad dal for about 4 to 5 hours.
- After 4 to 5 hours, grind it to a paste in a mixer grinder by adding little water at a time.
- Mix it thoroughly with hand to allow aeration and close the lid and keep it the fridge over night.
- If you are in a hurry continue with the next steps.
- Add all the above listed ingredients and mix well.
- Heat oil in wok/kadhai.
- Wet your hands with water to make roundels of the batter place it on one of the palms and make a hole with the finger of other hand.
- Slowly drop it in the hot oil and cook for about a minute or two or until the edges turn golden.
- Slowly turn it the other side and fry until the colour changes to golden brown.
- Remove it and drain it on a paper towel.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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