Dinner, Indian

Golden Carrot and Buckwheat Dosa

These savoury dosas pair buckwheat flour with grated carrot, freshly grated coconut and a mild ginger-green chilli kick, griddled until golden brown on both sides. Whisked low fat curds keeps the batter tangy, smooth and easy to pour.



Low fat

45 min	65	8.3 g	1.3 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1 cup grated carrot
- [ ] 1 cup buckwheat (kuttu or kutti no daro) flour
- [ ] 1/4 cup freshly grated coconut
- [ ] 1 tsp ginger-green chilli paste
- [ ] 1/4 cup whisked low fat curds
- [ ] 1/8 tsp salt (namak) or as advised by doctor / dietitian
- [ ] 4 tsp oil for greasing and cooking

Method

- [ ] **1** Tip the grated carrot, buckwheat flour, freshly grated coconut, ginger-green chilli paste, whisked low fat curds and salt into a deep bowl and pour in 1 3/4 cups of water.
- [ ] **2** Stir everything together thoroughly until you have a smooth batter of pouring consistency.
- [ ] **3** Set a non-stick tava over the heat, keeping the 4 tsp oil for greasing and cooking close by, and lightly grease the tava with 1/8 tsp of that oil.
- [ ] **4** Pour a ladleful of the batter onto the tava and let it spread out into a 125 mm (5 inch) diameter circle.
- [ ] **5** Scatter another 1/8 tsp of oil over and around the dosa and cook it on a medium flame until it turns golden brown in colour on both sides.
- [ ] **6** Work through the remaining batter the same way, greasing the tava with 1/8 tsp of oil and cooking each dosa with another 1/8 tsp of oil taken from the 4 tsp oil for greasing and cooking, to make 11 more dosas.
- [ ] **7** Serve the carrot dosas straight away while hot.

Nutrition Facts

Per serving

Calories	**65**
Total fat	3.1 g
Saturated fat	Not listed
Sodium	5 mg
Total carbs	8.3 g
Fiber	1.6 g
Total sugars	1.3 g
Protein	1.6 g

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