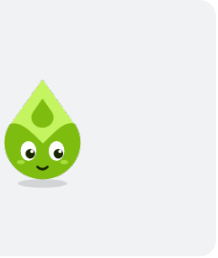
Dinner, Indian

Golden Crispy Buckwheat Dosa

Thin, crisp savoury pancakes made from ground buckwheat and urad dal, livened up with a mustard seed tempering, fresh chillies and coriander. The batter comes together in minutes with no fermentation, so the dosas go straight from bowl to hot tava.



Vegan | Dairy free

25 min	45	6.1 g	0.3 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 1 cup buckwheat (kuttu or kutti no daro)
- [ ] 1/4 cup urad dal (safed urad dal)
- [ ] 1 tbsp oil
- [ ] 1 tsp mustard seeds (rai / sarson)
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 2 tsp finely chopped green chillies
- [ ] 2 tbsp finely chopped coriander
- [ ] salt (namak) to taste
- [ ] 4 tsp oil for greasing and cooking

Method

- [ ] **1** Blitz the buckwheat and urad dal in a mixer until they turn into a fine powder, then tip the powder into a deep bowl.
- [ ] **2** Warm the 1 tbsp oil in a small pan, tip in the mustard seeds and wait until they crackle.
- [ ] **3** Stir in the asafoetida and let it sizzle for a few seconds on a medium flame.
- [ ] **4** Pour this tempering over the ground powder, then add the finely chopped green chillies, finely chopped coriander and salt, pour in roughly 3 1/4 cups of water and whisk until you have a smooth batter.
- [ ] **5** Set a non-stick tava on the heat and brush it lightly with a portion of the 4 tsp oil for greasing and cooking.
- [ ] **6** Pour a ladleful of batter onto the hot tava, spreading it in circles into a thin dosa, drizzle a little of the remaining 4 tsp oil for greasing and cooking into the holes and cook on both the sides till golden brown in colour.
- [ ] **7** Work through the rest of the batter the same way to make 20 dosas in total.
- [ ] **8** Serve the buckwheat dosas immediately while hot.

Nutrition Facts

Per serving

Calories	**45**
Total fat	1.7 g
Saturated fat	Not listed
Sodium	2 mg
Total carbs	6.1 g
Fiber	0.9 g
Total sugars	0.3 g
Protein	1.4 g

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