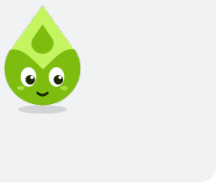
Breakfast, Indian

Soft and Spongy Amboli Pancakes

Thick, soft fermented pancakes made from soaked rice, urad dal and fenugreek seeds, griddle cooked in rounds until lightly golden. Overnight fermentation gives them a mildly tangy flavour and a spongy texture. Each amboli works out to roughly 34 g of carbohydrates and about 200 kcal.

1220 min	168	26.2 g	1.1 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free

Ingredients, 12 servings

- [ ] 2 cups rice (chawal)
- [ ] 1 cup urad dal (safed urad dal)
- [ ] 1 tsp fenugreek (methi) seeds
- [ ] 10 tsp oil for greasing and cooking

Method

- [ ] **1** Rinse the rice well, drain it, place it in a deep bowl with plenty of water and soak it overnight, about 8 hours.
- [ ] **2** Rinse the urad dal, drain it, then soak it together with the fenugreek seeds in a deep bowl of fresh water overnight.
- [ ] **3** Drain the soaked rice and rinse it once with fresh water.
- [ ] **4** Blend the rice in a mixer jar with a little water to a smooth paste and pour it into a deep bowl.
- [ ] **5** Drain the urad dal and fenugreek seeds, then blend them with a little water to a smooth, fluffy paste.
- [ ] **6** Add the urad dal paste to the rice paste and mix until thoroughly combined.
- [ ] **7** Cover the bowl with a lid or clean cloth and leave the batter in a warm place to ferment for 10 to 12 hours, until it rises slightly.
- [ ] **8** Gently stir the fermented batter and add a little water if needed for a smooth, pourable consistency.
- [ ] **9** Heat a non-stick pan over medium heat and lightly grease it with about ½ tsp of the oil, continuing to use the full 10 tsp of oil for greasing and cooking all of the amboli.
- [ ] **10** Pour a ladleful of batter onto the centre of the pan and spread it gently with the back of the ladle into a round about 125 mm (5 inches) across.
- [ ] **11** Drizzle a little of the oil around the edges and over the surface.
- [ ] **12** Cover and cook on a medium flame for about 1 minute, until the underside is lightly golden and the top is set.
- [ ] **13** Flip carefully with a spatula, cover again and cook for another 30 seconds, then remove from the pan.
- [ ] **14** Repeat with the remaining batter to make 11 more, 12 in all, greasing the pan and drizzling with the oil each time.
- [ ] **15** Alternatively, heat a traditional iron tava over medium heat and grease the hot surface evenly with about ½ tsp of the oil.

Nutrition Facts

Per serving

Calories	**168**
Total fat	4.5 g
Saturated fat	Not listed
Sodium	8 mg
Total carbs	26.2 g
Fiber	2.3 g
Total sugars	1.1 g
Protein	5.6 g

diabic.com/recipes

Scan to open this recipe and its shopping list

- [ ] **16** Pour a ladleful of batter into the centre and spread gently into a round about 125 mm (5 inches) across, keeping it slightly thick.
- [ ] **17** Drizzle a little oil over the top and around the edges, cover and cook for about 1 minute, until the base is lightly golden.
- [ ] **18** Flip with a flat spatula, cover and cook the other side for about 30 seconds, then remove from the tava.
- [ ] **19** Repeat with the remaining batter and serve all the amboli hot with your favourite accompaniments.