

# Pesarattu Dosa / Cherupayar Dosa / Green Moong Dal Dosa / Pacchaipayyar dosa



*Pesarattu is a lentil based pan cake which is more popular in Andhra Pradesh. It is made with green moong dal. This dosa is a powerhouse of protein and fiber. I got this recipe from mother-in-law. Good to eat with coconut or ginger chutney for weekend breakfast.*

## **Ingredients**

1/2 Cup of Green Moong Dal  
2 Tsp of Urad Dal (Optional)  
1/2 Inch Ginger

**4-5 Small Green Chillies**  
**1.5 Tsp of Cumin**  
**1/2 Cup of Chopped Onions**  
**1.5 Tbsp of Raw Rice Flour**  
**Pinch of Asafoetida**  
**Few Curry Leaves**  
**Salt, oil and water as needed**

### **Method**



**Ingredients to grind**



**Rest of the ingredients to the batter**

- **Soak the green moong dal and urad dal along with salt for overnight. The next day, drain the water and wash thoroughly for 2-3 times.**
- **In a blender, add green moong dal, urad dal, curry**

leaves, green chillies and ginger. Grind it to a smooth batter in consistency.

- Heat a pan and dry roast the cumin wait until color change.
- In a bowl, add dal batter, roasted cumin, rice flour, 1/4 cup of onion, asafoetida and salt. Mix well.
- Rest of the onion can be added later on top of the dosa.
- Add water if batter is too thick.
- Heat a dosa pan or tawa, take a laddle full of batter, spread it like dosa. Top it with chopped onion. Apply some oil over the dosa or in sides. Cook both sides until it turns crisp.
- Pesarattu dosa is ready to serve.



### Tips

- Serve hot dosa with coconut or ginger chutney or podi.
- You can add garlic, if you like.



- You can add more green chillies, if you want too spicy.
- Adding urad dal is optional. People in Andhra they don't add urad dal to this recipe but I added urad dal to get Tamilnadu touch.

### Health Benefits of Green Moong Dal Dosa

- Green Moong Dal is rich in protein
- 1 Cup of Dal is equal to 15 grams of fiber.
- Because of high fiber content, it is considered as low-glycemic.

