ONION CARROT BREAD UTHAPPAM (UTTAPAM) | INSTANT DOSA RECIPE



Dosa is a savory crepe and it's getting popular throughout the world because of its taste and crispy texture. This is my own recipe. After seeing some leftover bread in my pantry, I tried it by mixing some flours with bread powder and the outcome of dosa tastes really awesome. This instant uthappam does not needs any fermentation and very quick to make dish. All you need is leftover bread to make this dosa and some flours and spices. Here I have used rava, maida and rice flour which gives crispy texture to the dosa. Addition of curd not only gives a mild tangy taste but also gives

softness. For topping, I added some veggies to make the dosa more colorful, tasty and healthier. Try this instant leftover bread dosa with tomato ketchup and stay healthy.

Ingredients

2 Whole Wheat Bread, makes 1 Cup of Bread Powder
1/4 Cup of Rava(Semolina)
3 Tbsp of Rice Flour
2 Tbsp of Maida(All Purpose Flour)
2 Tbsp of Thick Curd(Yogurt)
1 Carrot, Grated
2 Green Chillies, Chopped
1 Spring Onion, Chopped
1 Big Red Onion, Finely Chopped
1 Tsp of Whole Cumin
1 Tsp of Whole Black Pepper
1 Inch Ginger, Grated
Few Curry Leaves, Chopped
3/4 Cup of Water
Salt to taste

Servings : 3 Uthappam

Method

- Heat a pan, dry roast the rava for 2 mins, transfer it to a bowl.
- In a spice grinder/mixie, grind the bread slices to a powder. Transfer it to the same bowl to that add rice flour, maida, curd, salt, grated ginger, cumin, black pepper, curry leaves and 3/4 cup of water, mix well with a fork/spoon, you should get a dosa batter consistency. Let the batter sit for 15 mins.
- Now heat a non stick pan / cast iron pan, grease the tawa with oil, when it is hot, pour a ladle full of

batter and spread it like thick uthappam. Sprinkle some chopped onion, green chillies, chopped spring onion and grated carrot, apply oil over the edges, cover it with a lid and cook it on a medium flame. Turn dosa to other side and cook until it turns crisp.

- Serve it hot with idly podi or garlic pickle or tomato ketchup or coconut chutney.



Tips

- You can use whole wheat bread or white bread.
- Add green chilly paste or red chilly paste instead of adding chopped green chillies.
- You can add grated beetroot, cabbage or capsicum for topping.
- Adding curd gives a nice taste to dosa
- If your uthappam sticks to the pan, try to add 2 tbsp of

rice flour to the batter.

- You can also make thin crispy dosa without topping.
- Adding ghee to dosa for a great taste.
- Always mix the dosa batter, before you pour dosa batter to the pan, otherwise rava will settle at the bottom.
- Always cook dosa in a medium flame.

Health Benefits of Whole Wheat

- Rich in fiber, helps in proper functioning of digestive tract and lowers the cholesterol and metabolic syndromes.
- Reduce the risk of cardiovascular disease.
- Reversing the weight gain process.
- Lowers the risk of diabetes.
- Excellent laxative properties.
- It has powerful antioxidant, which is vitamin E, good for skins.


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