

Toor Dal Dosa Recipe / Thuvaram Paruppu Dosa

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Thuvaram paruppu dosa

Toor Dal Dosa Recipe/ Thuvaram Paruppu dosa / Togaribele Dosa is a nice crispy Indian pancake made with rice, toor dal, red chilies and salt. This is simple to make, protein rich and

tasty dosa. I love toor dal than normal dosa because of its unique taste. This is my mom's recipe. For a change, try this toor dal dosa recipe for week day or weekend breakfast, everyone in your family will like it for sure. Serve this dosa with [coconut chutney](#) or any chutney of your choice. I had thuvaram paruppu dosai with [peanut chutney](#).

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Ingredients for Toor dal dosa recipe

Preparation Time: 6 hrs Cooking Time: 30 mins Serves: 8
dosa

- 1 Cup of Boiled Rice
- 1/2 Cup of Toor Dal
- 2 Red Chilies or to taste
- 1/2 Tsp of Fenugreek
- Salt to taste

Method for Toor dal dosa recipe

- Soak both the rice, toor dal, red chilies, fenugreek in water for 4-6 hrs or overnight.
- Drain the water, wash the rice, toor dal in tap water, grind it in a blender along with water until the batter turns smooth and soft. The batter should not be watery or thick. Add salt and mix well with hand. Leave it for 4 hrs or use it immediately your wish.
- Heat a dosa pan or griddle, pour a ladleful of dosa batter and spread it like dosa. Drizzle a tsp of oil over dosa or in sides. Cook both the sides until it turns crisp and golden brown colour.
- Toor dal dosa is ready to serve.

Tips

- Serve this dosa with [Tomato chutney](#) or [Onion chutney](#) or Green Chutney.
- You can add grated carrots and curry leaves to the batter.
- You can avoid red chilies and add green chillies, if you want spicy side. You can also make dosa without red chilly.

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toor dal dosa

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