

Spongy Aval Dosai | Poha Dosa | Easy Dosa Recipe



Spongy Aval Dosai

Aval dosai / Poha dosai is a simple, easy and yummy breakfast dish. This spongy dosa is very soft in center and lightly crispy over the edges. Dosa is made with parboiled rice, rice flakes, butter milk, fenugreek and cooking soda and this dosa does not need any fermentation only soaking. You can make this dosa, if you don't have idly dosa batter at home. Though this dosa is suppose to be thick, you can also make it

thin. So try this spongy aval (poha) dosa for breakfast along with some [spicy tomato chutney](#) or idly podi.

Recipe Source : [Raks Kitchen](#)

Preparation Time : 8 Hrs

Cooking Time : 30 Mins

Makes : 8-10 Dosa

Ingredients

2 Cups of Idly Rice (Parboiled Rice)
1/4 Cup of Aval / Poha / Rice Flakes
3.5 Cups of Sour Butter Milk
1/4 Tsp of Baking Soda
1/2 Tsp of Fenugreek Seeds
Oil and Salt as Needed

Method

- Soak both the aval and rice flakes in buttermilk (not in water) for overnight.
- Next day morning, drain the buttermilk, add fresh water and grind it to a smooth batter consistency, but consistency should be little watery than idly dosa batter.
- Add salt and cooking soda to the batter, mix well.
- Heat a non stick dosa pan or griddle, I used cast iron pan, pour a ladleful of batter, don't spread it like thin dosa, it should be thick. Drizzle some oil over dosa or in sides, cover and cook it for a min. If you want, you can cook on the other side, otherwise it is not necessary.
- Spongy dosa is ready to serve with [tomato chutney](#) or any [spicy chutney](#).

Tips

- Flipping the dosa and cooking on other side is optional.
- Always add baking soda, just before you use the batter.
- If you don't want buttermilk, leave the batter overnight for fermentation.



Tags : [avalrecipe](#), [aval dosa](#), [poha dosa](#), [spongydosa](#), [how to make spongy dosa](#), [how to make aval dosai](#), [dosai recipe](#), [no fermentation dosa](#), [easy dosa](#)

KANCHIPURAM IDLY / KUDALAI IDLY – SOUTH INDIAN BREAKFAST RECIPE



Kanchipuram Idly / Kanjeevaram Idly / Kanchi Idly is a nice variation to regular rice idly (steamed rice cakes). The name originated from the place called Kanchipuram in Tamilnadu, famous for temples and pattu (Hand woven silk) sarees. This idly is mildly spiced and steamed. Addition of spices and ghee gives a nice aroma and taste to the idly. But these idlies are traditionally steamed in dhonnai (dried leaf cups), hence they are also called kudalai idly, which adds an extraordinary fragrance and taste to the idly. Since I didn't get dhonnai in my place, I used idly cooker to steam this Kancheepuram idly. So start your day with this protein rich healthy breakfast. It goes well with [peanut chutney](#) or [mint coconut chutney](#) or idly podi.

Makes : 20 Idlies

Ingredients

2 Cups of Idly Rice / Raw Rice
1 Cup of Urad Dal
3 Tbsp of Bengal Gram / Chenna Dal
1/2 Cup of Thick Yogurt (Curd)
1.5 Tsp of Whole Cumin
1.5 Tsp of Whole Pepper
1 Green Chilly, Finely Chopped
1 Tsp of Grated Ginger
Handful of Curry Leaves
2 Tbsp of Ghee (Melted Butter) / Oil
Salt to Taste

Method

- Soak the rice and dal in water separately for 3-4 hrs.
- In a blender (mixie) or grinder, wash the urad dal and grind it to a fine batter, remove it and transfer this to a bowl.

- In the same blender, grind the idly rice to a coarse consistency like rava texture. Finally add the urad dal batter to ground rice and grind it for another 5 mins. Transfer this batter to a bowl, add salt and mix well. Your batter should be thick, not watery. Let it ferment for 12 hrs. As I am in US, It took 20 hrs to ferment.
- Soak bengal gram in water for 30-40 mins, drain the water and add it to the batter. Add beaten curds, whole cumin, green chilly, whole pepper, grated ginger, ghee, and salt, mix well.
- Grease the idly plates or tumbler with oil, pour the batter to the idly plates and steam it for 20 mins. Once it done, turn off the heat and remove the idly plate, let it sit in counter top for 5 mts. Remove the idlis carefully with a spatula and serve hot with [peanut chutney](#) or [Mint Coconut Chutney](#).



Tips

- The batter should be coarse like rava (sooji) and thick.
- Adjust the spiciness according to your taste.
- You can make idly with idly plates or tumbler or small cups or big stainless bowl or dhonnai, make sure you greased well with oil before pouring the batter.
- Here I used tumblers to make idly, just pour the batter into the tumbler and keep it in a idly plate, but you can place only one plate in a idly cooker.



- If you are using a big stainless bowl with batter, use pressure cooker, in that case don't use weight, just cover it with lid. Finally slice it like cake and have it.



- Use fresh curd to make this idli.
- You can also saute the spices in oil, before adding them to batter.

Health Benefits of Rice, Urad Dal And Bengal Gram

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol. A dish of rice with dal gives you carbohydrates, protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy & aids in digestion.
- Urad dal is rich in protein and good for heart.

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[Missi Roti | Savory Indian Bread | Roti Recipe](#)

Missi Roti



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Missi Roti is a savory Indian bread made with a combination of whole wheat flour, besan flour and spice powders. This roti is very healthy, high in protein and quite filling too. It tastes so good with [Spinach dal](#) or [sarson ka saag](#) or [raita](#). I had it with [black eyed peas mushroom gravy](#). You can make this roti recipe for lunch or dinner. It is also perfect travel food.

Ingredients

1 Cup of Whole Wheat Flour (Atta)
1/4 Cup of Besan Flour (Kadalai Maavu)
1 Tsp of Salt
1/2 Tsp of Red Chilly Powder
1/4 Tsp of Turmeric Powder
1 Tsp of Coriander Powder
1/2 Tsp of Garam Masala
Pinch of Ajwain
1/4 Cup of Finely Chopped Onion
2 Green Chilies, Finely Chopped
1 Tbsp of Finely Chopped Coriander Leaves
2 Tsp of Oil
Water as needed

Method

- In a bowl, mix both the flours, turmeric powder, coriander powder, red chilly powder, ajwain, garam masala, chopped onion, green chilly, chopped coriander leaves, oil, salt and water, knead well to make a soft dough. Keep aside for 15-20 mins.
- Make a equally sized balls out of the dough. Roll out each ball into a circular shape with a rolling pin.
- Heat a pan, carefully place the rolled roti in the hot pan, cook the roti's in medium heat. When bubbles starts appearing, apply oil and flip it to the other side, cook till brown spots appear on both the sides of the roti.
- Remove it from pan and place it in serving dish. Repeat the same process with each ball of dough.
- Serve Immediately.



Tips

- Serve with any dal or yogurt or any subzi.
- If your dough is dry, you can add some more oil or water.
- If you want more spicy, you can increase the quantity of red chilly powder.

Health Benefits of Whole Wheat Flour

- 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.

Missi Roti

