

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](#).

Also check my other dosa recipes

- [Tomato toor dal dosa](#)
- [Adai](#)
- [Spongy Aval \(poha\) dosa](#)
- [Onion Rava Dosa \(hotel Style\)](#)
- [Quinoa Dosa](#)
- [oats dosa](#) (Instant)
- [Oats Aval Dosa](#)
- [Bajra Dosa](#)
- [Leftover Magic Dosa](#)
- [Masala Wheat Dosa](#)
- [Pesarattu / Green Moong Dosa](#)

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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.



toor dal dosa

Tags: [toor dal dosa](#), [toor dal dosa recipe](#), [thuvaram paruppu dosa](#), [paruppu dosa](#), [dal dosa](#), [dosa recipe](#), [easy crispy dosa recipe](#), [south indian dosa recipe](#), [south indian breakfast ideas](#), [Togaribele Dosa](#), [dosa ideas](#)

Oats Aval Dosa Recipe / South Indian Dosa



Dosa is a staple breakfast dish from South India. Today recipe is oats aval dosai / Oats Poha Dosa. They are crispy and yummy, easy to make breakfast dish. I already posted [oats dosa recipe](#) and [spongy aval dosa](#) recipe in my blog. This crispy dosa is a combination of oats, aval(poha), rice and dal. Here I used red aval and steel cuts oats, you can also

use quaker old fashioned oats or quick oats to make this oats aval dosa at home. This dosa is not only healthy also they are delicious in taste when you serve with [green chutney](#) or [tomato chutney](#) or even milagai podi.

How to make Oats Aval Dosa Recipe

Ingredients – Oats Aval Dosa Recipe

Preparation Time : 10 hrs Cooking Time: 30 Serves: 15 dosas

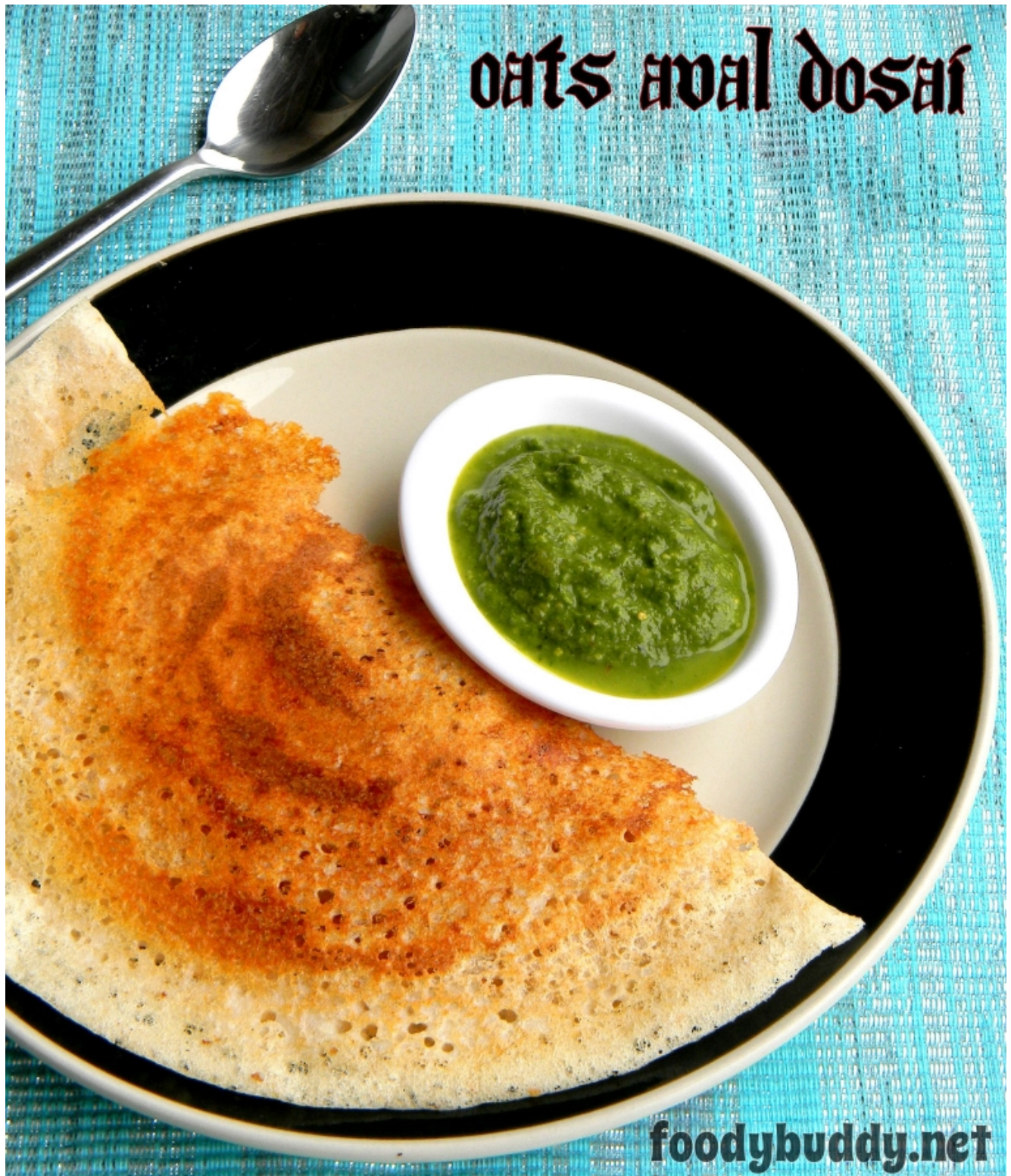
- 2 Cups of Idly Rice / Boiled Rice
 - 1/2 Cup of Aval (Poha)
- 1/2 Cup of Oats, I used steel cut oats
 - 1/2 Cup of Urad Dal (Black Gram)
 - 1 Tsp of Fenugreek
 - Salt to taste
 - Oil as needed

Method – Oats Aval Dosa Recipe

- Soak rice and urad dal separately in water for overnight or at least 6 hrs. Soak fenugreek along with urad dal.
 - Soak oats and aval in a vessel for one hour before grinding.
- Next day, first grind urad dal and fenugreek to a smooth paste by adding required amount of water. Transfer this batter to a vessel.
- Then grind rice, aval and oats together to a smooth paste by adding required amount of water. Transfer this batter to the same vessel.
- Now mix everything along with salt and allow to ferment the batter for overnight.
- Heat a pan, take a ladleful of batter and spread it evenly on to the pan. Drizzle oil on sides of dosa. When dosa turns golden brown on bottom side, flip it and cook the other side for a min. Now hot and crispy oats aval dosa is ready to serve with your favourite chutney.

Tips

- You can use the same batter to make idly.
- Add grated veggies to enhance nutrition to dosa.
- You can use quaker old fashioned oats or quick oats to make this dosa.



Tags: [oats dosai](#), [oats aval dosa recipe](#), [aval dosa recipe](#), [how to make oats aval dosa recipe at home](#), [aval oats dosa](#), [aval recipes](#), [oats recipes for breakfast](#), [prepare oats aval dosa](#), [dosa recipes](#), [south indian dosa recipes](#), [how to make crispy dosa at home](#), [south indian breakfast recipes](#).

Quinoa Dosa Recipe / Quinoa Crepes (Vegan)

How to make
Quinoa Dosa at home

Quinoa Dosa



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Quinoa is a world's most popular super food. Quinoa is pronounced as Keen-wah and eaten as cereal by south American for thousand of years. Coming to its nutrients profile, it has got complete protein with all essential amino acid and fiber, it tastes good and has nice crunch. I love quinoa and I am trying lot of recipes with quinoa like quinoa upma, quinoa Tabbouleh. Will post those recipes in near future. I just want to try dosa with quinoa, when I was talking with my friend, she told me this quinoa dosa recipe, immediately I tried it

for breakfast. Dosa turned out delicious and crispy. This quinoa dosa recipe is vegan, gluten-free and rich in calcium. So kick-start your day with this super and protein rich quinoa dosa for breakfast. It goes well with [garlic chutney](#) or [sambar](#).

Ingredients for Quinoa Dosa Recipe

Preparation Time :8hrs Cooking Time:30 mins Serves:16 Dosa

- 1 Cup of Quinoa
- 1 Cup of Idly Rice
- 3/4 Cup of Urad Dal
- 1 Tsp of Fenugreek Seeds
- Salt as needed

Method for Quinoa Dosa Recipe

- Soak quinoa, idly rice separately, urad dal and fenugreek together in water for overnight.
 - In a grinder, grind urad dal and fenugreek, add water little by little and start grinding until it turns smooth. Transfer it to a bowl and keep it aside. After that add rice and quinoa to the grinder, add water now and then, grind it until it turns smooth. Transfer everything to a bowl and mix well with hand by adding salt. Ferment this batter for overnight or up to 6 hrs.
 - Add water and salt to the batter if you need it. Heat a pan, take a ladleful of batter and spread it evenly on to the pan. Drizzle oil on sides of dosa.
 - When dosa turns golden brown on bottom side, flip it and cook the other side for a min.
- Now hot and crispy quinoa dosa is ready to serve with your favourite chutney.

Tips

- You can use the same batter to make idly.
- Add grated veggies to enhance nutrition to dosa.

Tags:[quinoadosa](#), [quinoadosarecipe](#), [howtomakequinoadosaathome](#), [prepare quinoa dosa](#), [quinoa crepes](#), [quinoa recipes](#), [vegan dosa](#), [gluten free crepes](#), [protein rich dosa](#), [dosa batter without rice](#), [southindianbreakfastrecipe](#), [dosarecipe](#).