

Bajra Dosa / Kambu Dosa / Pearl Millet Dosa – Dosa Recipes



Bajra or Kambu is a pearl millet widely grown in India which is high in nutritional contents. Bajra/Millet are rich in protein, iron and vitamin B. There are two methods to make bajra dosa, one is by soaking whole bajra seeds, rice and urad dal to make bajra dosa batter. Other method is by combining bajra flour and dosa batter flour. I don't get whole

bajra seeds in my place. All I get is bajra flour so I have some left over dosa batter at home, so I added bajra flour to make a healthy and nutritional dosa. Here is a recipe and enjoy ☐

Ingredients

**1 Cup of Bajra Flour
2 and 1/4 Cups of Dosa Batter
Salt to taste
Oil and water as needed
1 Medium Size Onion, Finely grated**

Method

- **In a bowl, add bajra flour, dosa batter, grated onion and salt.**
- **Add water little by little and mix well without forming lumps.**
- **Batter should not be thick but little thin in consistency.**
- **Heat a dosa pan or griddle, pour a ladleful of batter and spread it like dosa. Drizzle some oil over dosa or in sides. Cook both sides until it turns crisp.**
- **Bajra 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 grind and add green chillies, if you want spicy side.**

Health Benefits of Bajra

- **Eating bajra provides us with disease fighting phytochemicals that lower cholesterol, antioxidants, plenty of fibre, folate, iron, magnesium, copper, zinc, vitamins-E and B-complex, thiamine, riboflavin and niacin. It is a gluten free grain.**
- **Good for diabetic patients.**
- **Helpful for cardiovascular health.**



[Masala Wheat Dosa](#)



Masala wheat dosa is a simple and delicious dosa recipe. It is made with whole wheat and spices. This dosa is a powerhouse of fiber. I got this recipe from my friend. Instead of eating regular wheat dosa, try this recipe for a change, you will like it [\[\[f9.silly\[\[f9.tongue1\]\]](#) It goes well with coconut chutney or [peanut chutney](#) for breakfast or dinner.

Ingredients

- 1 and 1/2 Cup of Wheat Flour**
- 1/2 Tsp of Turmeric Powder**
- 1 Tsp of Coriander Powder**
- 3/4 Tsp of Red Chilly Powder**
- 1 Tsp of Garam Masala**
- 1 Tsp of Cumin Seeds**
- 2 Chopped Green Chillies**
- 1 Chopped Green Onion**
- 1 Tbsp of Chopped Cilantro**

Salt to taste
Water as needed

Method



- **Take whole wheat flour in a wide bowl, to that add turmeric powder, coriander powder, red chilly powder, cumin, garam masala, green onion, green chillies, cilantro salt and water. Mix it like a dosa batter.**
- **Heat a dosa pan or griddle, pour a ladleful of batter, spread it like dosa. Apply oil over dosa or in sides. cook both sides until it turns crisp.**
- **Wheat Dosa is ready to serve.**



Tips

- Serve dosa with coconut or [peanut chutney](#) or onion raita.
- You can also add onion and more chilly powder, if you want too spicy dosa.
- You can add finely grated carrots or any vegetables of your choice.

Health Benefits of Whole Wheat

- Wheat bread are rich in dietary fiber.
- Controls blood sugar level.
- Provides longing lasting fullness to the stomach.
- Lowers the blood cholesterol.

Masala Wheat Dosa



Pesarattu Dosa / Cherupayar

Dosa / Green Moong Dal Dosa / Pacchappayyar 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.

