

# ONION CARROT BREAD UTHAPPAM (UTTAPAM) | INSTANT DOSA RECIPE



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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 need any fermentation and is very quick to make. 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 a 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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**Beans Mushroom Stir Fry With  
Coconut Milk / Beans Mushroom  
Poriyal**

# Beans Mushroom Stir Fry



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Beans mushroom poriyal / stir fry is very easy to make side dish with very simple ingredients. This dish is a combination of green beans and mushroom. Both are rich in protein and other vital nutrients which are very good for our health. Here I added coconut milk to the veggies which adds a nice taste to the dish. This can be served with [sambar rice](#), [rasam rice](#), [curd rice](#) or [chapathi](#).

## Ingredients

1 Cup of Chopped Green Beans

1/2 Cup of Sliced & Chopped Mushroom, I used Baby Bella Mushroom

2 Tbsp of Chopped Red Onion  
1 Finely Chopped Big Garlic Clove / 1/2 Tsp of  
Garlic Powder  
1 Heaping Tsp of [Sambhar Powder](#)  
1 Tbsp of Thick Coconut Milk  
1/4 Tsp of Garam Masala  
Salt as needed

### To Temper

2 Tsp of Oil / Butter  
1 Tsp of Mustard  
1/2 Tsp of Urad Dal  
5 Curry Leaves

### Method

- Wash and chop the beans and mushroom.
- Heat a pan with oil / butter, add mustard seeds, urad dal and curry leaves, after mustard seeds splutters, add chopped red onion and garlic / garlic powder, saute this for 2 mins until onion turns golden brown.
- Add chopped beans, mushroom and salt , fry this for a min. Add sambhar powder and garam masala, fry this for a min, sprinkle some water, cover and cook it for 5 mins in a medium-high flame or until the vegetables turns soft. Open the pan, add coconut milk, mix well with vegetables, cook for another 2 mins and turn off the flame.
- Serve hot with [sambar rice](#), [rasam rice](#), [curd rice](#) or [chapathi](#).

# Beans Mushroom Poriyal



## Tips

- If you don't have coconut milk, instead you can use cow's milk.
- If you don't have sambhar powder, use 2 tsp of coriander powder, 1 tsp of red chilly powder and 1/2 tsp of turmeric powder.
- If you don't have any masala, just use salt, pepper and garlic powder.

## Health Benefits of Green Beans and Mushroom

### Green Beans

- Rich source of dietary fiber, folates, vitamin B6 and vitamin A.
- Rich in anti-oxidant, protein and good for

cardiovascular system.

- They are good immune booster.

## Mushroom

- Good for weight loss.
- Antioxidant and anti-inflammatory properties.
- Good for immune function and cardiovascular benefits.
- Mushroom are low in calories, cholesterol free and rich in vitamin D and selenium



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# Idly Chaat | Chaat With Leftover Idly | Indian Tea Time Snack



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Idly is a soft rice cake and a popular south Indian comforting breakfast dish. Chaat means savory snack. If you get bored of doing idly upma and podi idly with leftovers, then you should give a try with idly chaat. This idly chaat recipe is made with leftover idly. Seriously, they are so

tasty, golden crispy on outside and soft bite on inside. I bet your kids will love this chat for sure. If you have leftover idly sitting on your fridge, then try this crispy idly chat..yum..yum.. and enjoy with hot cup of [tea](#)..



## Ingredients

- 2 Big Idly
- 2 Tbsp of Red Onion, Finely Chopped
- 2 Tbsp of Tomato, Finely Chopped
- 1 Tbsp of Carrot, Finely Chopped
- 2 Tbsp of Omapodi (Sev)
- 1/2 Tsp of Lemon Juice
- 1/2 Tsp of Black Pepper or to taste
- Black Salt to taste
- Tomato Ketchup (optional), before serving
- 1 Tbsp of Oil
- 2 Tsp of Butter or Ghee

## Method

- Dice the leftover idlies.

- Heat oil and ghee in a non stick pan, swirl the pan so that it coats all the surface of the pan. In a medium heat, place diced idlies to the pan, wait until it turns golden brown. Flip the idly to the other side with spoon and wait till it turns golden brown on other side. Turn off the flame and transfer it to the serving bowl.
- Now sprinkle some chopped onion, tomato, carrot, black pepper and black salt. After that, add lemon juice and coriander leaves, gently give a quick stir. Add tomato ketchup before serving.
- Hot golden crispy idly chaat is ready to serve..Enjoy with hot cup of [tea](#) :-):-)



### **Tips**

- Always use leftover idly instead of fresh idly because they turn soggy.

- You can deep fry the idly instead of shallow frying.
- If you have leftover idly in fridge, then leave it outside for 1hr and then do the chat.
- You can grate the carrots instead of cutting them.
- Add tomato ketchup at the end, because it makes idly soggy and you cannot feel the crispy texture of idly.
- You can add kara boondhi instead of sev (Oma podi).
- You can use red chilly powder for spicy taste.



sending recipe to [Priyavirundhu](#) and [gayathricookspot](#)