

# 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](#)

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# Milagu Aval Recipe | Pepper Poha



Aval / Flattened Rice is a dehusked rice which is flattened into flat light dry flakes. They are easily digestible. Milagu aval recipe / pepper poha recipe is one of our favourite breakfast dish and I often make this for busy weekday breakfast. This milagu aval recipe is very easy which you can

prepare in 10 mins with minimum ingredients and it tasted almost like ven pongal and very flavourful because of addition of pepper and cumin powder. You can also make this pepper poha for kids for after school snack as it is very nutritious and healthy. Try this no onion no garlic upma and enjoy it with a cup of coffee. Let us learn how to make milagu aval recipe.

## **Ingredients for milagu aval recipe**

- 1.5 Cup of Aval / Poha / Rice Flakes
- 1/2 Tsp of Grated Ginger
- 3/4 Tsp of Black Pepper Powder
- 3/4 Tsp of Cumin Powder
- Salt to taste

### **To Temper**

- 1.5 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tsp of Chana Dal
- Pinch of Hing
- 1 Sprig of Curry Leaves
- Roasted Peanuts and Cashew Nuts as Needed

## **Method to make milaku aval recipe**

- Soak the aval in water for 2 mins. Drain the water and keep it aside.
- Heat a pan with oil, add mustard seeds, urad dal, chana dal, hing and curry leaves, after it splutters, add ginger, peanuts and cashew nuts, fry for a min. In a medium low flame, add aval (poha), fry for a min, add pepper powder, cumin powder and salt, fry this for a 1-2 mins and turn off the flame.

## Tips

- You can make it more spicy by adding red chilies and green chilies.
- Use thick poha instead of thin poha.
- Skip the nuts, if you don't want.
- You can also use red rice flakes in place of white rice flakes.



Tags : [aval](#), [avalrecipe](#), [milaguaval](#), [milagu aval recipe](#), [poha recipe](#), [pepper poha](#), [how to make milagu aval](#), [easy breakfast Indian](#), [Indian breakfast aval](#), [flattened rice flavored with pepper](#)

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**ONION CHUTNEY RECIPE |**  
**VENGAYA CHUTNEY | SIDE DISH**  
**FOR IDLY & DOSA**



Red onions are excellent source of healthy essential

vitamins, minerals and phyto chemicals that provides long term health benefits. Including red onion in your diet may helps to prevent chronic diseases. Chutney are the perfect side dish for [idly](#) and [dosa](#). This is my grand ma recipe, they are really spicy, pungent and flavorful chutney and very easy to make with few ingredients. Try this onion chutney without coconut for [hot idly](#) ,[dosa](#) and [paniyaram](#).

## Ingredients

1 Big Red Onion  
2 Big Garlic Cloves  
2 Big Red Chilies  
1/2 Tsp of Tomato Paste (optional)  
Small Pinch of Tamarind  
Salt and Water as needed

## To Temper

1.5 Tsp of Gingelly Oil  
1 Tsp of Mustard  
1 Tsp of Urad Dal  
Few Curry Leaves

## Method

- Roughly chop the onion.
- In a mixie (blender), add onion, red chilies, tomato paste, garlic, tamarind, salt and water, grind it to a smooth paste.
- Heat oil in a pan, add mustard seeds, urad dal, after it splutters, add the ground onion paste, cook it until it turns thick in consistency, for about 10 mins in a medium low flame.

- Yummy onion chutney is ready to serve with [hot idly](#) or [dosa](#) or [paniyaram](#).

### Tips

- You can make this chutney more spicy by adding 3 to 4 red chilies and little bit of red chilly powder.
- You can also have this chutney without tempering, that tastes raw and spicy though, but it goes well with hot idlies.
- Gingelly oil gives a nice taste to the chutney.
- You can also skip the tomato paste, if you don't want.

### Health Benefits of Red Onion

- Red onion contains lot of organosulphur compound which is protective against cancer like prostate, colorectal and stomach cancers.
- Another compound called onionin which reduces inflammation by suppressing the activity of immune cells. Anti-inflammatory effect is beneficial to people who has allergies, asthma and arthritis.
- Onion contains chromium, which helps to regulate blood sugar.
- Good source of minerals and vitamins like B6, K and C.
- Allicin in onion fights against rejuvenative disease and fungi.
- Increases the production of good cholesterol thereby prevents the heart diseases.

# Onion Chutney



Tags : [chutney recipe](#), [onion chutney](#), [onion chutney recipe](#), [vengaya chutney](#), [side dish for idly and dosa](#), [onion chutney for idly and dosa](#), [how to make onion chutney](#)