

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](#).

Thakkali Paruppu Dosai / Tomato lentil dosa



Dosa is a fermented crepe made from rice and black lentils. It is getting popular around the world because of taste and crispy texture. Thakkali paruppu dosai does not need any fermentation. There are two types of rice, one is parboiled rice and other one is raw rice. In this recipe I used toor dal , parboiled rice, tomatoes, red chillies coconut and spices. Addition of tomatoes gives tanginess and vibrant color, red chillies gives spicy taste, carbs and protein from rice and dal. So this dish gives you well balanced of all nutrients.

Best accompaniment for this tomato dosa are coconut chutney or [peanut chutney](#) or [sambar](#) or podi.

Ingredients

1 and 1/4 Cup of Parboiled Rice
2 Tbsp of Toor Dal
3 Large Size Tomatoes, Chopped
2 Tbsp of Desiccated Coconut Flakes / Grated coconut
4-5 Red Chillies
1 Tsp of Fennel Seeds
Few Cilantro(Coriander) Leaves, Finely Chopped
7 – 10 Curry Leaves
Salt to Taste
Oil as Needed

Method

- Soak the dal and rice separately for 5 – 6 hrs. After that wash the dal and rice in cold tap water.
- In a blender, add toor dal, rice, tomatoes, coconut flakes, red chillies, coriander(cilantro)leaves, curry leaves and salt, Grind it until the mixture turns smooth.
- Transfer this batter to a bowl, add fennel seeds and mix well. If you need more salt, you can add it at this stage.
- Add water if batter is too thick. Heat a dosa pan or tawa, take a ladle full of batter, spread it like thin dosa. Drizzle some oil over the dosa or in sides. Cook both sides until it turns crisp.
- Serve this dosa with your coconut or [peanut chutney](#) or [sambar](#) or podi. I had it with urad dal chutney.

Tips

- You can add chopped green chillies instead of red

chillies.

- Always cook dosa in medium flame.
- You can add more tomatoes if your tomato are not tangy.
- You can avoid fennel seeds, if you don't want.
- Adjust the number of red chillies according to your spicy level.
- You can add little jaggery if you want for a slight sweet taste.
- If you are making this for breakfast , soak rice and dal overnight and grind them in the morning.

Health Benefits

Tomatoes

- Tomatoes are rich in vitamin A, C, K and Potassium.
- They are a natural cancer fighter.
- They are a good source of chromium which helps to regulate blood sugar.

Tomato Lentil Dosa



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