

Jowar Dosa Recipe / Cholam Dosai / Sorghum Dosa



Sorghum are called Jowar in Hindi and vellai cholam in tamil. It is really healthy to include white millet in our diet as they are high in protein and fiber. Yesterday I made this jowar dosa recipe /cholam dosai for breakfast by referring my note-book. It is a nice alternative to regular rice dosa. Guess what ? this sorghum dosa is good for diabetic people and prevents cholesterol, also it is vegan and gluten-free dosa recipe. This dosa is not only healthy, they are amazing in taste when you serve with [tomato chutney](#) or [onion chutney](#) or

[sambar](#). So try this jowar dosa / cholam dosai for breakfast, your family will love it for sure.

How to make Cholam Dosai / Jowar Dosa

Ingredients for Jowar Dosa Recipe

Preparation Time : 8 hrs soaking + 1 hr Cooking Time: 30 mins Serves:10

- 1 Cup of Vellai Cholam / Sorghum / Jowar
 - 1 Cup of Idly Rice
 - 1/2 Cup of Urad Dal
- 1/2 Tsp of Fenugreek Seeds
 - Salt to taste

Method for Jowar Dosa Recipe

- Soak both jowar and rice together in water for overnight.
- Soak urad dal and fenugreek seeds separately in water for overnight.
- Grind urad dal and fenugreek seeds by adding adequate water to a smooth paste.
 - Grind jowar (cholam) and rice together by adding adequate water to a smooth batter.
- In a bowl, mix both the batter and salt, allow it to ferment for 6 hrs or overnight.
- Heat the griddle, pour ladleful of batter and spread it in circular motion.
 - Drizzle oil around the dosa, and cook till it turns golden brown, flip it to other side and cook for few mins.
- Remove the dosa from the pan and serve with [tomato chutney](#) and [sambar](#).

Tips

- Always cook dosa in a medium flame.
- You can add grated carrots to the batter to make it healthy.

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Choram Dosai

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