Toor Dal Dosa Recipe / Thuvaram Paruppu Dosa



Toor Dal Dosa Recipe/ Thuvaram Paruppu dosa / Togaribele Dosa is a nice crispy Indian pancake made with rice, toor dal, red chilies and salt. This is simple to make, protein rich and

tasty dosa. I love toor dal than normal dosa because of its unique taste. This is my mom’s recipe. For a change, try this toor dal dosa recipe for week day or weekend breakfast, everyone in your family will like it for sure. Serve this dosa with coconut chutney or any chutney of your choice. I had thuvaram paruppu dosai with peanut chutney.

Also check my other dosa recipes

- Tomato toor dal dosa
- Adai
- Spongy Aval (poha) dosa
- Onion Rava Dosa (hotel Style)
- Quinoa Dosa
- oats dosa (Instant)
- Oats Aval Dosa
- Bajra Dosa
- Leftover Magic Dosa
- Masala Wheat Dosa
- Pesarattu / Green Moong Dosa

Ingredients for Toor dal dosa recipe

Preparation Time: 6 hrs Cooking Time: 30 mins Serves: 8 dosa

- 1 Cup of Boiled Rice
- 1/2 Cup of Toor Dal
- 2 Red Chilies or to taste
- 1/2 Tsp of Fenugreek
- Salt to taste

Method for Toor dal dosa recipe

- Soak both the rice, toor dal, red chilies, fenugreek in water for 4-6 hrs or overnight.
- Drain the water, wash the rice, toor dal in tap water, grind it in a blender along with water until the batter turns smooth and soft. The batter should not be watery or thick. Add salt and mix well with hand. Leave it for 4 hrs or use it immediately your wish.
- Heat a dosa pan or griddle, pour a ladleful of dosa batter and spread it like dosa. Drizzle a tsp of oil over dosa or in sides. Cook both the sides until it turns crisp and golden brown colour.
- Toor dal 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 avoid red chilies and add green chillies, if you want spicy side. You can also make dosa without red chilly.



Tags: toor dal dosa, toor dal dosa recipe, thuvaram paruppu dosa, paruppu dosa, dal dosa, dosa recipe, easy crispy dosa recipe, south indian dosa recipe, south indian breakfast ideas, Togaribele Dosa, dosa ideas