Adai Recipe|Murungai keerai Adai|Drumstick Leaves Adai

Adai Recipe or Drumstick leaves adai or murugakeerai adai dosa is a south Indian crepe made with dal, rice and spices. It is extremely easy to make healthy adai recipe for breakfast or dinner. This is my mom's version, in this adai dosa recipe, I have added murugakeerai (drumstick) leaves to the batter, to make it more nutritious and tasty as they are rich in iron, calcium and vitamin. Here the batter should be thick and coarse and this dosa does not need any fermentation. If you are looking for filling, delicious and healthy breakfast or dinner, then this adai is answer for you. Main accompaniment is adai – avial recipe is, it goes well with coconut chutney and podi.

Ingredients For Adai Recipe

To Soak and Grind

- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal (Bengal Gram)
- 1 Cup of Idly Rice
- 7-10 Red Chiles
- 5 Garlic Cloves
- Salt to taste

Other Ingredients to be added to the batter

- 1 Tsp of Fennel Seeds (Sombhu)
- 1 Tsp of Cumin
- Handful of Small Onion, Finely Chopped
- Handful of Curry Leaves, Finely Chopped
- Handful of Coriander Leaves, Finely Chopped
- Pinch of Hing (Asafoetida)
- 1/4 Tsp of Turmeric Powder
- 1/4 Cup of Grated Coconut

Method for Adai Recipe

- Soak both the dals, rice and red chillies in a water for 4 hrs or overnight.
- Wash dals and rice and in a mixie, add dals, rice, red chillies, garlic, salt and water. Grind it coarsely. Transfer this mixture to a bowl. Just before making adai, add everything listed under “other ingredients”. Mix well and check for salt.
- Heat a tawa, spread little oil, pour ladle full of batter, spread it like thick dosa, drizzle some oil on sides, cook it until you get golden brown color, flip it to other side and cook for another 2 mins in low flame .
- Crispy, flavourful adai is ready to serve coconut

chutney or avial or podi.

Tips For Making Adai

- Always use small onion for great taste.You can also use large onion.
- If you don’t like drumstick leaves instead add grated vegetables like carrot, radish as my MIL does.
- Cook on low flame to get crispy also it takes more time to cook than normal dosa.
- Adjust the no of red chillies according to your taste.
- You can also sauté the drumstick leaves before adding it to the batter.

Health Benefits of Adai

- Drumstick Leaves : Rich in calcium, so good for bone development. Rich in potassium and iron, they are good for brain development.
- Toor Dal : Rich in dietary fiber and protein & folic acid are good for fetal development.
- Channa Dal : Richest in vegan source of dietary protein, manganese and copper. Having this dal helps to keep diabetes away.

Drumstick
Leaves Adai
Foody Buddy