



# Dosa

## INGREDIENTS

- 1/2 cup Urad Dal (dehusked split or whole urad dal gota)
- 1 1/2 cup Dosa Rice (or combination of dosa rice + sona masoori rice, idli rice works too (see notes))
- 1 tablespoon Chana Dal
- 1 tablespoon Toor Dal (Split pigeon peas)
- 1/2 teaspoon Fenugreek seeds (Methi dana)

## METHOD

1. Add urad dhal and fenugreek to a bowl. Wash and soak the ingredients for 30 minutes.
2. Add the raw rice and white lentils to separate bowls. Wash and soak the ingredients for 5 hours
3. Drain the water from each bowl and add together into a blender.
4. Blend the ingredients into a smooth paste and leave to ferment in a bowl overnight.
5. The next day, bubbles will start to rise
6. Heat a non-stick skillet pan.
7. Take a ladle of batter and pour it into the centre of the pan.
8. Immediately spread the batter to the edges of the pan.
9. When the dosa browns, flip to the other side. When that side browns, remove from the pan.
10. Serve dosa with masala.





# Masala

## INGREDIENTS

- 2 x brush potatoes
  - 1 tsp turmeric
  - 1 tsp salt
  - 1 tsp mustard seeds
  - 1 tsp urad dhal or white lentils
  - 1 hand full curry leaves
  - 2 x red onions, diced
  - green chillies - optional
  - Coriander
1. Soak urad dhal or white lentils in a bowl of water for 30 mins.
  2. Peel and boil the potatoes until they are soft.
  3. Drain the water from the urad dhal
  4. Heat a pan with the sesame oil, mustard seeds and urad dhal.
  5. Add curry leaves, onions, and potatoes.
  6. Mix all together.
  7. Serve with dosa.

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# Green Chutney

## INGREDIENTS

- 1 cup shredded coconut
- 2 tbsp roasted chana dal
- 2 green chillis
- 1/2 inch ginger (Or 1-2 garlic cloves)
- Tamarind
- Salt to taste
- 1/2-3/4 cup water or as needed
- 2 tsp oil
- 1/2 tsp mustard seeds
- 1 dry red chilli
- 1/2 tsp urad dal
- 1 stalk curry leaves

## METHOD

1. Add coconut, ginger or garlic, cumin, green chillies, salt and chana dal to a blender
2. Blend all the ingredients well without adding water.
3. Blend until smooth, pour water in as needed.
4. Transfer chutney to a bowl.







# Sambar

## INGREDIENTS

- 1/4 cup arhar dal
- 1/4 cup masoor dal
- 1/4 tsp turmeric powder
- 1 1/4 water
- 2 Tbsp oil
- 1/2 tsp

## METHOD

1. Rinse both the lentils well and then add them in a pressure cooker with 1 1/4 cup of water and 1/4 tsp turmeric powder.
2. Pressure cook the lentils for 7 to 8 whistles or 11 to 12 minutes until the lentils have softened and are well cooked.
3. You can also cook the lentils in a pan on a stovetop or in an instant pot. I recommend soaking the lentils for about 30 minutes in enough water prior to cooking them in a pan. This helps in the faster cooking of the lentils.
4. Once the pressure settles down naturally in the cooker, open the cooker. Mash the lentils with a wired whisk and spoon. Keep aside.

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