







GREEN MOONG DAL DOSA | HEALTHY CLASSIC BREAKFAST

By Aromacookbook

 PREP TIME	 COOKING TIME	COOKING STEPS
1 hr 10mins	15 mins	
 DIET	 SERVINGS	
Vegetarian	10 dosas	
INGREDIENTS		<div><div>1. Wash whole moong beans 2-3 times in running water and soak around 6-8 hours. (Normally I have soaked at night and used in the morning)</div><div>2. Drain excess water from soaked whole moong beans. Transfer them in to mixer grinder jar and add green cumin, ginger and garlic.</div><div>3. Grind all ingredients together in a grinder or blender until semi-thick and little coarse texture (like dosa batter). Add water (approx. 1 cup to 1 1/4 cup) as needed while grinding to get the desired texture. Amount of water required depends on the quality of moong beans, so add it little by little and as needed to get the desired texture. Make sure that batter is not very thin.</div><div>4. Transfer it to a bowl and add salt as your taste.</div><div>5. Heat the dosa pan, Ladle some batter into the pan in the middle. Use your ladle to rotate in a circular motion of the batter adhere to all over the sides of the pan.</div><div>6. If the top surface looks raw, Sprinkle 1/2-teaspoon oil around edges of dosa. Cook until it turns light golden brown and crispy, for approx. 2-minutes.</div><div>7. Slowly flip it over another side and Cook well 2-3 minutes. Repeat the steps with the remaining batter to make all of the moong dal dosas. Stir and mix the batter well before making each dosa.</div><div>8. Hot dosa is now ready for serving.</div></div>
<div><div><div>● Green Moong Dal- 1 cup</div><div>● Garlic- 1 -2 cloves</div><div>● Cumin- 1/2 teaspoon</div><div>● Ginger- small piece</div><div>● Salt- as req</div><div>● Water- 1 to 1 1/4 cup</div><div>● Chilly- 1</div><div>● Rice Powder- 1 tablespoon optional</div></div></div>		

Veg side dishes:

coconut chutney, Peanut Chutney and tiffin sambar