



# Dosas (Indian Lentil Pancakes)

*serves 8*

- 2 cups short-grain rice
- 1/2 cup urad dal (split husked lentils), source at an Indian market
- 1 teaspoon fenugreek seeds
- 3/4 teaspoon sea salt
- 2 teaspoons nigella seeds
- 4 tablespoons ghee, melted
- 1/2 onion (cut horizontally)

Rinse rice in a strainer until the water runs clear then place in a bowl and cover with water. Combine dal and fenugreek and do the same. Leave both bowls to soak for 6 hours.

Drain rice and place in a blender or Vitamix with 1 cup water. Process into a smooth paste, about 8 minutes. Transfer to a large bowl, then repeat the process with the dal mixture.

Whisk the two pastes together, adding a little water if needed to achieve a medium-thick batter.

Cover bowl with a dish towel and set in a warm place to ferment. After about 8 hours, the surface should have little bubbles. Stir in the salt and nigella seeds. You can use the batter right away or refrigerate for up to a week. Add additional water if batter thickens too much.

To make dosas, warm a cast-iron griddle or skillet over medium heat. Impale the round side of the onion half with a fork and dip the flat side in the melted ghee. Use it to season the griddle, running it over the top for a few minutes.

Ladle about 1/4 cup batter onto the center of griddle and, using bottom of ladle,

quickly spread batter outward in a circular motion to form a thin pancake about 7" in diameter. Drizzle 1/2 teaspoon of ghee on top. Let the batter cook until the outer edges look dry and the bottom is golden brown, about 2 minutes. Using fingers (careful!), a spatula or tongs, gently flip the dosa and cook the second side for a few seconds. Fold or roll around your topping of choice and serve immediately. Repeat with remaining batter, or use as much as you like and refrigerate the rest for another time.