

TARLADALAL

INDIA'S #1 COOKERY AUTHOR

Idlis & Dosas



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◉ INTRODUCTION ◉

Idlis and Dosas are essentially South Indian snacks. However, due to their popularity, they are now available almost everywhere in India. The humble dosa has put South India on every culinary hot spot of the world.

This book is a small but delightful collection of recipes which are a gateway to a whole new world of idlis and dosas. The Corn Idli, Soya Dosa and Tricolour Uttapam will surely amaze you. I have also included recipes of mouth-watering Appam and Appes as well as some accompaniments without which South Indian snacks are incomplete. My personal favourite is the Corn Sambhar which is made without any dal. Surprise your family and friends with the inspiring variety of dishes like the South Indian Sizzler and Dosa Lasagne made using left-over idlis and dosas.

Every recipe is double tested and quantified by me and my research team so as to enable you to get the best results every time.

This book is dedicated to all my readers whose love for new recipes continues to inspire me to create them.

Tarda Datal

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🌀 VEGETABLE IDLI 🌀

Nutritious vegetable idlis.

Preparation time: 20 minutes. Cooking time: 20 minutes. Makes 15 to 20 idlis.

Soaking time: 2 hours. Fermenting time: 3 to 4 hours.

1 coconut, grated

¼ cup split black gram (urad dal)

2 cups parboiled rice

1 onion, finely chopped

1 carrot, grated

½ cup cabbage, grated

1 tsp cumin seeds (jeera)

4 chopped green chillies

2 tbsp grated coconut

salt to taste

oil for greasing

1. Grind the coconut with 2 cups of warm water and strain to extract the milk. Keep it aside.
2. Wash and soak the urad dal and parboiled rice together for at least 2 hours.
3. Drain and grind to a fine paste using the coconut milk.
4. Add the onion, carrot, cabbage, cumin seeds, green chillies, coconut and salt and mix well. Cover and allow to ferment for 3 to 4 hours.
5. Pour into greased idli moulds and steam for 10 to 12 minutes. Serve hot.

VEGETABLE IDLI



☪ SPICY TOUSALI ☪

A spicy version of the sweet tousali.

Preparation time: 20 minutes. Cooking time: 20 minutes. Makes 8 tousalis.
Soaking time: 4 hours. Fermenting time: 4 hours.

1 cup raw rice
½ cup grated coconut
¾ cup grated cucumber
2 tsp sugar
3 green chillies, chopped
4 to 5 tbsp curds
4 tbsp melted ghee
salt to taste
oil for cooking

1. Soak the rice for at least 4 hours in lukewarm water.
2. Drain, wash and grind to a smooth paste along with the coconut.
3. Add the cucumber, sugar, green chillies, curds and salt.

4. If the batter is too thick, adjust the consistency by adding enough water to make a batter of dropping consistency.
5. Keep aside for 4 hours.
6. Heat a non-stick tava and grease it lightly with ghee.
7. Pour 1 ladleful of the batter on the hot tava and spread it to get a 3 to 4 mm. thick dosa.
8. Cover with a lid and cook only one side over a slow flame until the base is golden brown in colour and the top is firm.
9. Remove the tousali and repeat with the remaining batter to make more tousalis.
Serve hot with ghee or Churna, page 79.

SPICY TOUSALI



Dosa



Idlis and Dosas are essentially South Indian snacks. However, due to their popularity, they are now available almost everywhere in India.

This book is a small but delightful collection of traditional as well as contemporary recipes of idlis and dosas. Hence along with traditional recipes like Masala Dosa, Paper Dosa, Rava Dosa etc. are also innovative ones like the Corn Idli, Soya Dosa and Tricolour Uttapam. I have also included recipes of mouth-watering Appam and Appes as well as some accompaniments without which South Indian snacks are incomplete.

Surprise your family and friends with an inspiring variety of dishes made from leftover idlis and dosas like the Idli Curry and Dosa Lasagne.

Happy Cooking!

Tarla Dalal



Mrs Tarla Dalal is India's best selling author in any field, with over 3 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, '**Cooking & More**', which is the best selling cookery magazine in India, under her own name.

ISBN 978-818646948-4



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