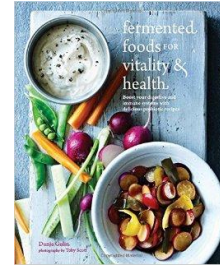


# RED LENTIL DOSAS



This recipe is from page 104 of Fermented foods for vitality and health

By Dunja Gulin



Available in the shop

## Ingredients:

- 200g / 1 cup red lentils
- 200g / 1 cup millet
- ¼ teaspoon sea salt
- ½ teaspoon crushed black pepper
- ¼ teaspoon ground turmeric
- 3 tablespoons chopped spring onions / scallions or fresh flat-leaf parsley
- Sesame oil, for frying

Dosas are best served warm with different types of cream cheese, with a hot condiment or with chutney. They can also be served with soups, stews in place of bread.

## Method:

Wash the lentils and the millet. Cover with hot water and let soak for 8 hours. Drain, keeping the soaking water.

In a high-speed blender, blend the lentils and millet adding just enough of the soaking water to get a thick and smooth batter. Transfer into a bowl, cover with clingfilm / plastic wrap and let ferment in a warm place for 12-24 hours. The batter is ready when bubbles start forming on the surface. At this point, whisk in the remaining ingredients.

Heat a frying pan/skillet and use a pastry brush to cover it with a little oil. Pour a small ladleful of the batter into the pan/skillet and tilt the pan to spread the batter evenly. Once the edges start turning golden brown, flip the pancake over.

Ingredients are available in store. If you are not sure where please ask a member of staff. This recipe is available to view online at [www.phoenixshop.co.uk](http://www.phoenixshop.co.uk)