



Dosa with potato filling Free Recipe 10042025

Description

Recipe

Dosa with potato filling

Although often called a type of lentil, urid dal is actually related to cowpeas and mung beans. This is what forms the dosa base to this recipe, along with parboiled rice. Serve with a spiced potato filling and chutney.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 30g/1oz red chilli, chopped 1 dried red chilli 35g/1oz mild green chillies, chopped 1 sprig curry leaves 7 curry leaves 7 fenugreek seeds 1 tsp fresh coriander, finely chopped 30g/1oz garlic, chopped 1 tsp lemon juice 45g/1½oz onions, sliced 225g/7½oz cooked potatoes (peeled, diced and boiled) 200g/7oz red onion, chopped 400g/14oz tomatoes, chopped Tins, packets and jars 155g/5½oz basmati rice 1 tsp chana dal coconut and coriander chutney 100g/3½oz tamarind paste 70g urid dal (split black gram) 7g/?oz urid dal (black gram split) 1 tsp urid dal Cooking ingredients ½ tsp asafoetida green chilli paste red chilli powder 100g/3½oz dates, stones removed ½ tsp garam masala 1 tbsp gram flour 3g mustard seeds 1 tsp mustard seeds oil, for cooking salt, to taste 2 tsp salt salt, to taste 2 tbsp sunflower oil 1 tbsp sunflower oil ½ tsp ground turmeric ½ tsp ground turmeric vegetable oil

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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Tags

1. garlic
2. tomatoes
3. basmati
4. urid dal
5. mild green chillies
6. red onion
7. lemon
8. red chilli powder
9. urid
10. mild
11. onion
12. garam masala
13. garam
14. dal
15. dried red chilli
16. Dairy-free
17. coconut
18. masala
19. chopped
20. coconut and coriander chutney
21. Egg-free
22. salt
23. chilli powder
24. cooked
25. coriander chutney
26. Pregnancy-friendly
27. tamarind
28. vegetable
29. red
30. chutney
31. Vegetarian
32. ground
33. ground turmeric
34. green
35. chana dal
36. Vegan
37. chillies
38. powder
39. tamarind paste
40. chana
41. Dosa with potato filling
42. turmeric

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43. basmati rice
44. tomatoes chopped
45. red onion chopped
46. vegetable oil
47. sunflower oil
48. paste
49. sunflower
50. cooked potatoes
51. fresh coriander
52. flour
53. oil
54. mustard seeds
55. sliced onions sliced
56. coriander
57. potatoes
58. dried
59. mustard
60. garlic chopped
61. onions
62. seeds
63. leaves
64. gram flour
65. fenugreek seeds
66. red chilli
67. fresh
68. green chillies
69. gram
70. fenugreek
71. chilli
72. juice
73. chilli paste
74. dates
75. curry leaves
76. rice
77. lemon juice
78. curry
79. asafoetida
80. sprig curry leaves

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