

INDIAN DOSAS WITH BLACK FOREST BLEND™ AND JASMINE BLEND



INGREDIENTS

2 lbs **Jasmine Blend**

< <https://inharvestfoodservice.com/products/jasmine-blend/> >

8 oz **Black Forest Blend™**

< <https://inharvestfoodservice.com/products/black-forest-blend/> >

3 T fenugreek seeds

4 quarts cold water

2 T salt

DIRECTIONS

1. Combine InHarvest Jasmine Blend, InHarvest Black Forest Blend and fenugreek seeds in a large bowl and cover with 4 quarts of cold water. Let soak for 4 – 6 hours at room temperature.
2. Drain water and run mix through food processor until blend is smooth, could take up to 10 minutes. (Might need to be done in batches.)
3. Add salt and stir in cold water until consistency of pancake batter.
4. Combine all mix into single large container. Cover loosely with towel and let sit in warm kitchen for 8 hours to ferment.
5. To cook, use large non-stick skillet on stove, pour in ½ cup batter, using the back of ladle spread out until thin. Cook over high heat until edges start to brown (about 3

- minutes). Consistency of dosa should be spongy but crisp on the edges.
6. Serve with choice of filling or as is with chutney.

NUTRITION FACTS

Per serving: 45 cal., 1 g pro., 9 g carb., 1 g fiber, 0 g fat (0 g sat. fat), 0 mg chol., 120 mg sod., 0 g sugar

RECIPE TIP

Store Dosa batter in refrigerator for up to 4 days.