

SEMOLINA DOSAS - (Savory Pancakes)

Equipment needed –

Small frying pan, measuring spoons (teaspoon), measuring cups (1 cup), micro plane, measuring jug, mortar and pestle, paper towel, food processor, spatula, jug, 3 serving platters, baking dish and foil.

Ingredients from the Garden –

- 2 long green chilli, seeded and roughly chopped
- 1 x 4cm piece of ginger, grated

Ingredients from the Pantry –

- 2 teaspoons of cumin seeds
- 2 cups of fine semolina
- 1 cup of rice flour
- 1 teaspoon of bicarb soda
- 2 teaspoons of salt
- 1200 ml of butter milk
- 2/3 cup of vegetable oil

What to do –

1. Measure out 2 teaspoons of cumin seeds into the frying pan, and dry roast over a medium heat until fragrant.
2. Tip the cumin seeds into a mortar and grind into a fine powder with a pestle. Transfer the ground cumin into the food processor and wipe out the pan with paper towel.
3. Meanwhile finely grate the ginger using a micro plane and set aside. Wash and deseed the chilli, roughly chop, then set aside.
4. Measure out 2 cups of semolina into the food processor. Measure out 1 cup of rice flour and add to the food processor. Measure out one teaspoon of bicarbonate of soda and add to the food processor. Measure out 2 teaspoons of salt and add to the food processor. Add the chilli and ginger and process until the chilli is very finely chopped through the dry ingredients.
5. Measure out 1200 ml of buttermilk. With the motor running, add the buttermilk. Use a spatula to scrape down the sides. Transfer the batter into a measuring jug. NOTE. The batter should be thin like yoghurt and not like porridge. If the batter is too thick, add 1-2 tablespoons of water, to thin out the batter mixture.
6. Preheat the oven to 100 °C. Heat a large non-stick frying pan over a high heat. Reduce the heat to medium and wipe the pan with a smear of vegetable oil. Fill a ladle with batter and tip into the centre of the pan. Spread the batter out over the pan so that you have a thin layer.
7. Brush some oil over the edges of the pancake and cover the pan with a lid. After about 40 seconds, remove the lid and flip the dosa to cook it on the other side, uncovered for another 30-40 seconds. Remove the pancake from the pan, roll it loosely, and then place onto a baking dish, covered with foil and into the oven to keep warm. Repeat this process with the remaining oil and batter until you have cooked all of the dosas.
8. Unroll the dosa and arrange evenly onto 3 serving platters.

Serves –

- 28 students.