Pan of Bliss

Let's cook it real slow!

Adathatti (Mixed Lentil Pancake)

https://panofbliss.com/adathatti-mixed-lentil-pancake/

Prep Time 3 hours hrsCook Time 25 minutes minsTotal Time 3 hours 25 minutes

Ingredients

- 2 cups Raw rice
- 1 cup Urad dal (black gram)
- 1 cup Toor dal (pigeon peas)
- 1/2 tsp Fenugreek seeds
- 1 sprig Curry leaves (roughly torn)
- 1 bunch Coriander leaves (chopped)
- 1 tsp Chilli powder
- 1 tsp Crushed pepper
- ¼ tsp Asafoetida
- 1/2 tsp Cumin seeds
- 2 nos. Green chillies
- 1-2 nos. Shallots (finely chopped)
- 1/2 cup Finely grated coconut
- 1 tsp Salt

Instructions

1. Wash and soak the lentils and rice for 3 to 4 hours.

Method of preparation

1. Drain water from the soaked dals and grind them coarsely by adding water sparingly.Add the other ingredients and pulse them in the mixer 2 or 3 times so that the ingredients blend well with the ground dal mixture.
2. Pour the mixture into a deep pan and add water if required. The dal and rice

mixture should have a pouring consistency.Heat an iron pan and smear sesame oil over it.

3. With a ladle, pour the mixture and spread it evenly on the pan. Drizzle some sesame oil around the pancake. Let it cook well.Once it becomes crisp, flip it onto the other side.
4. Cook till both sides are crisp.
5. Serve the crisp adathatti with a dollop of white butter on top. This can be accompanied by onion chutney or coconut coriander chutney.

Notes

Toor dal can be replaced with Chana Dal or Moong Dal. The dosa batter can be stored in the refrigerator for up to two days. Do not store for more than 2 or 3 days.