

Andhra Pesarattu Recipe

Prep time

8 hours

Cook time

20 mins

Total time

8 hours 20 mins

Pesarattu or moong dal dosa is a classic Andhra breakfast recipe with protein-packed moong dal and raw rice ground together to make the pesarattu batter.

Author: nags

Recipe type: Breakfast

Cuisine: Indian

Serves: 3-4

Ingredients

- 1 cup whole green moong
- ¼ cup of raw rice
- A small piece of ginger
- A small bunch of coriander leaves (cilantro)
- 2 cloves of garlic (optional)
- 2 green chillies
- 2 tbsp of oil, for drizzling on dosa while cooking
- ¼ cup of minced onions for garnish (optional)

Instructions

1. Soak the moong dal and rice together for at least 4 hours or overnight if possible.
2. Grind together with rest of the ingredients and some salt + water
3. The batter will be coarse and you can adjust the thickness to your preference, not making it too watery. I prefer spongier pesarattu so keep my batter a bit on the thicker side - more thicker than regular dosa batter.
4. Heat a tawa and spread one ladle-full of batter into a circle.
5. Spread it thinner for a crisper version, it's entirely up to you. Drizzle with some oil and spread the minced onions on top (if using).
6. Flip over when the first side is cooked. You can also cover and cook the dosa without flipping over, especially if you are serving the pesarattu with an upma filling (check notes).
7. When both sides are cooked, remove from tawa and serve hot

Recipe by Edible Garden at <http://www.cookingandme.com/2013/06/pesarattu-andhra-pesarattu-dosa-recipe.html>

