



Rice and Lentil Crepes with Potato

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



695 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon mustard seeds black
- 0.5 teaspoon cumin seeds
- 8 curry leaves fresh frozen thawed
- 1 chile fresh green minced
- 4 servings accompaniment: bottled mango chutney
- 1 medium onion chopped
- 0.8 teaspoon salt
- 0.5 teaspoon turmeric

- 0.8 cup urad dal split white (lentils; 5 oz)
- 0.3 cup vegetable oil
- 1 cup water
- 1.5 cups rice long-grain white (not converted; 10 oz)
- 1.5 lb yukon gold potatoes (4 medium)

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- sieve
- plastic wrap
- aluminum foil
- spatula
- colander

Directions

- Place rice and lentils in separate bowls. Fill each with water to cover by 2 inches and soak 4 hours.
- Drain lentils in a sieve and purée in a food processor with 3/4 cup water until light and fluffy, 3 to 5 minutes.
- Transfer to a large bowl.
- Drain rice in a sieve and purée in food processor with 1/3 cup water until a gritty paste forms, about 1 minute. (Rice paste will not be as smooth as lentil paste.) Stir rice paste and 3/4 teaspoon salt into lentil paste.

- Let mixture ferment, covered with plastic wrap, in a warm (about 80°F) draft-free place until doubled in bulk, about 24 hours. (
- Mixture will be light and foamy.) Stir in remaining 3/4 cup water and 1/4 teaspoon salt.
- Let batter stand, covered, in a warm (about 80°F) draft-free place 2 1/2 hours.
- Combine potatoes with cold salted water to cover by 2 inches in a 2 1/2- to 3-quart saucepan and simmer, uncovered, until potatoes are just tender, 15 to 25 minutes.
- Drain potatoes in a colander. When cool enough to handle, peel potatoes and cut into 1/2-inch cubes.
- Heat oil in a 10- to 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook mustard seeds, partially covered with lid, until they just begin to pop, 15 to 30 seconds.
- Add curry leaves and cumin and cook, stirring, until cumin turns a shade darker, 10 to 15 seconds. Reduce heat to moderately low, then add onion and cook, stirring occasionally, until softened but not browned, 8 to 10 minutes. Stir in chile and turmeric and cook, stirring, 1 minute.
- Add potatoes, water, and salt and bring to a boil. Reduce heat to moderately low, then simmer, covered, stirring occasionally and mashing potatoes slightly, until sauce is thickened, 8 to 10 minutes. Discard curry leaves.
- Put oven rack in middle position and preheat oven to 250°F.
- Spread 1 teaspoon oil on griddle using a paper towel, then heat over moderate heat until hot but not smoking. Dip a 1/3-cup dry measure into batter, scooping gently to fill without deflating batter, and pour into center of griddle (scrape out batter remaining in measure). Quickly spread batter with back of a small spoon in a circular motion to thinly cover griddle. (Dosa may be lacy around edge.)
- Drizzle edge and top of dosa with 1 teaspoon oil and cook until underside is golden and crisp, 1 1/2 to 2 minutes. Turn dosa over with a metal spatula and cook, pressing occasionally, until underside is pale golden, about 1 minute more. (Adjust heat up or down if necessary to prevent overbrowning.)
- Transfer dosa to a foil-lined large baking sheet and keep warm, loosely covered with foil, in oven.
- Make 9 to 11 more dosas in same manner, transferring as cooked to baking sheet in 1 layer and separating additional layers of dosas with foil.
- Spread 1/3 cup hot potato filling in a line across middle of each dosa and loosely fold dosa over filling in thirds like a letter.

- Batter, after fermenting (24 hours) and standing (2 1/2 hours), can be chilled up to 24 hours more.
- Let stand at room temperature 30 minutes and gently stir to combine before cooking. Dosas, without filling, can be cooked up to 1 hour ahead and kept, covered with foil, at room temperature. Reheat dosas in a 350°F oven between layers of foil until warm, about 10 minutes. Filling can be made 1 day ahead and chilled, covered. Reheat, adding water to loosen filling if necessary.

Nutrition Facts



Properties

Glycemic Index:59.23, Glycemic Load:63.17, Inflammation Score:-10, Nutrition Score:27.194782578427%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 694.99kcal (34.75%), Fat: 14.94g (22.98%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 121.7g (40.57%), Net Carbohydrates: 108.26g (39.37%), Sugar: 12.72g (14.13%), Cholesterol: 0mg (0%), Sodium: 500.48mg (21.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.16%), Vitamin B3: 26mg (130.01%), Vitamin C: 80.37mg (97.41%), Folate: 276.53µg (69.13%), Manganese: 1.11mg (55.37%), Fiber: 13.44g (53.75%), Vitamin B6: 0.66mg (33.06%), Iron: 5.23mg (29.04%), Vitamin K: 28.56µg (27.2%), Potassium: 867.85mg (24.8%), Phosphorus: 197.21mg (19.72%), Copper: 0.39mg (19.32%), Selenium: 13.11µg (18.73%), Magnesium: 65.23mg (16.31%), Vitamin B1: 0.21mg (13.95%), Vitamin B5: 1.25mg (12.51%), Zinc: 1.39mg (9.24%), Calcium: 87.79mg (8.78%), Vitamin E: 1.29mg (8.61%), Vitamin B2: 0.12mg (6.85%), Vitamin A: 84.83IU (1.7%)