

*A Summer of Pancakes:*

# Indian Dosas and Ethiopian Injera

**Jonathan Soma**

soma@brooklynbrainery.com

@dangerscarf

## Injera

Ethiopian bread

2 cups teff flour      ½ cup sourdough  
2 cups wheat flour    starter

*Mixing (12 hours before)*

1. The day before you're cooking, mix starter and flours together. Add water until consistency of ice cream.
2. Cover and leave on counter for up to 24 hours.
3. Add salt just before cooking, mixing well.

*Cooking*

1. Heat a pan to medium, medium-high heat (250-300F).
2. Spoon ½ cup onto medium pan as a long spiral or two, then **cover**.
3. Cook covered several minutes until edges curl up. Remove from heat and **do not stack until cooled**. Cover with a tea towel until served.

## Dosa #1

Traditional method, 2 days

2 c. short-grain rice    1 tsp fenugreek seeds  
½ c. urad dal            salt

1. Put rice in a bowl, cover with 4 cups water.
2. In a separate bowl, combine urad dal and fenugreek with enough water to cover.
3. Soak both for 6 hours.
4. Drain rice. Using a blender and 1 cup cold water, grind up rice.
5. Drain urdal dal/fenugreek mixture. Using a blender and 1 cup cold water, grind up mixture.
6. Combine and let sit in a warm place for 8-10 hours.

## Dosa #2

Faster method, 8-10 hours

3 cups rice flour      4 ½+ cups water  
1 cup urad dal flour    salt

1. In the morning, mix rice flour and ural dal flour with water. Cover and let sit in a warm place (try the turned-off oven if it's wintertime, the pilot light will keep it warm)
2. The dosa will have started to ferment over this time, giving it a slightly tangy and bubbly appearance.

## Dosa #2

Faster method, 30-60 minutes

3 cups rice flour      ½ package yeast  
1 cup urad dal flour    1 cup warm water  
3 ½+ water            salt

1. Combine yeast and 1 cup warm water, waiting until bubbles appear to show the yeast has been activated
2. In a large bowl, mix rice flour, urad dal flour and salt.
3. Add water, mixing well, then add yeast/water mixture, mixing well.
4. Allow to ferment for 30-60 minutes.

## Cooking Dosas

1. Heat a pan to medium-high heat (400F).
2. When pan is hot, place a small amount of oil on the pan. Use a paper towel to wipe the majority of the oil off, leaving only a faint sheen behind.
3. Pour ½ cup of dosa batter in the middle of the griddle, **all in one spot** (unlike injera).
4. Using the bottom of your ladle or a spoon, make spiral motions from the center of the batter, slowly thinning the dosa and pushing the wet edge of the dosa out.