

BRYANNA'S FERMENTED OAT AND URAD DAL DOSA AND UTTAPAM

Servings: 18 uttapam

Yield: about 6 cups batter

An excellent breakfast, lunch, supper or substantial snack dish. Serve with your favorite dal or sambar, and/or chutneys, and perhaps some non-dairy yogurt or cheese. The Nutrition facts are for one Uttapam, without toppings. **NOTE: You can use this batter to make [dosa](#) as well.**

VARIATION: Why not use fruit on the uttapam batter instead of veggies, and serve with maple syrup (maybe with some [vegan ricotta](#) or vegan yogurt). Frozen berries work well.

1 cup oats groats (whole oats)-- *(steel cut oats or rolled oats can also be used-- I've used both successfully)*

1 cup urad dal (split, hulled black gram), moong dal (split, hulled mung beans), or even red lentils, chana dal or yellow split peas

1 teaspoon fenugreek seeds (*NOTE: This is a fermentation aid, but, if you can't find them, omit.*)
water

For the Batter:

2- 2 1/2 cups mixed soaking water from oats and dal

1/2- 1 teaspoon salt

For Cooking: (amounts will vary depending on how many uttapam you are making at one time)

oil for greasing the pan

thinly-sliced onion

thinly-sliced vegetables of your choice (could include: sweet potato, cooked potato, squash, cabbage, kale or other greens [dry], halved grape tomatoes, chiles, any color bell peppers, halved grape tomatoes, grated carrots, grated coconut, chopped cilantro, green onion, or leeks, etc.)

Non-dairy cheese shreds

For Garnishing:

Your favorite dal or sambar (here's a good sambar recipe:

<http://abcdsofcooking.com/2009/12/sambar-south-indian-lentil-stew/>)

Indian chutney and/ or raita (vegetable and yogurt salad, made with non-dairy yogurt)

chopped fresh cilantro, basil and/or mint

The day before you plan to make the Uttapam, about 6 hours before you go to bed:

1. In separate bowls or pitchers, cover the oats and dal or split peas with water by several inches. Add the fenugreek seeds to the dal. Cover with a clean cloth and let stand at room temperature for about 6 hours.

Just before you retire for the night:

1. Drain the soaked oats and dal separately, saving the soaking water.

2. If you have a large, high-speed blender, you can blend the drained oats, drained dal, salt and 2 to 2 1/2 cups reserved soaking water all at once.

3. If you have a less sturdy blender, blend the oats with 1- 1/4 cups soaking water, and the dal with 1- 1 1/4 cups soaking water in separate batches and then mix them together in a large bowl with the salt.

4. Whichever way you do it, the batter should be like a pancake batter-- thicker than a crepe batter-- but very smooth.
5. Scrape the batter into a large mixing bowl and cover loosely with a lid or towel. Place in a warm-ish spot (maybe the oven with the light on) and leave overnight.

In the morning the batter should have risen a bit and be full of bubbles.

6. You can use it immediately, or place in a covered jar or storage container and refrigerate for up to a week. It will get more flavorful as it sits! If you are cooking some uttapam, immediately, prepare your veggie toppings and veggie cheese, if using, and set out your Garnishes. Have some plates heating in a low oven.

To cook the Uttapam:

1. Have your veggie toppings ready and heat your favorite pancake skillet or griddle over high heat until cold water sizzles when sprinkled on it. Turn the heat down to medium-high and spray with a bit of oil from a pump-sprayer. I use a soup ladle with a rounded bottom that holds about 1/3 cup to scoop out some batter and also to spread the batter.
2. **For each uttapam**, pour the ladle-full of batter into the center of the pan and , starting from the center, use the bottom of the ladle in a circular motion going outwards to shape a round "pancake" about 6" across. The uttapam pancake should be full of little holes from the fermentation in the batter. Cover the pan briefly, if you like. When the bottom is golden brown, quickly sprinkle the top with a handful of your veggie toppings, press it down lightly into the batter , loosen the bottom of the uttapam and quickly flip it over. Cook just until the veggies look cooked and a bit charred. Serve at once, veggie side up, or you can make several at a time and keep them hot in a 200 degree F oven until you are ready to serve.

Nutrition Facts

Nutrition (per “pancake”): 55 calories, 4 calories from fat, <1g total fat, 0mg cholesterol, 54mg sodium, 123.1mg potassium, 9.6g carbohydrates, 3.2g fiber, <1g sugar, 3.4g protein, 9.8 points.