Holiday Treats

Fall 2024

For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Rava Dosa & Coconut Chutney in a Jar

Serves 5-6

Time 10 minutes, 45 min to cook Vegan Recipe from Vegan Richa

Common Allergens Wheat

Ingredients

Rava Dosa

- ¹/₄ cup rice flour
- ¹/₄ cup semolina (fine sooji)
- 2 tablespoons whole wheat flour
- 4-5 dried curry leaves, crumbled
- 2 tablespoons dried cilantro (optional)
- 1 tablespoon onion flakes
- ¹/₂ teaspoon cumin seeds
- ¹/₄ teaspoon black pepper
- ¹/₄ teaspoon garlic powder
- ¹/₄ teaspoon chili flakes
- ¹/₈ teaspoon ground ginger
- pinch hing/asafoetida (optional)

Coconut Chutney

- ½ cup unsweetened dried coconut
- 5-6 dried curry leaves
- 1 dried chili
- 1 teaspoon sesame seeds
- ½ teaspoon sugar
- ¹/₄ teaspoon mustard seeds
- ¹/₄ teaspoon garlic powder
- ¹/₈ teaspoon ground ginger
- pinch hing/asafoetida

Instructions

To assemble jars:

- 1. Combine rava dosa ingredients in a jar.
- 2. Combine chutney ingredients in a baggie and place it inside the jar.

Provide these instructions with the jar:

To make dosa:

- 1. In a mixing bowl, combine jar ingredients with 1 ¼ cups water and ½ teaspoon salt. Stir well to combine, then let rest 10 minutes.
- 2. Heat a large nonstick pan over medium-high heat, but don't let it overheat. Add a little oil, then pour a thin layer of water to form a lacey crepe. Use a spoon to drizzle a little more oil around the edges. Let cook 5-7 minutes or until the edges start to lift up from the pan. Flip and cook 1 more minute. Remove from pan and repeat with remaining batter.

To make chutney:

Combine the baggie ingredients in a food processor or small blender with ½ cup hot water and ¼ teaspoon salt. Blend until combined but not completely pureed smooth. Add up to ¼ cup more hot water to achieve thick paste consistency if necessary. Add more salt to taste if needed. Serve with hot dosa.

Notes

- To make this recipe gluten-free, replace with semolina and whole wheat flour with cream of rice
- To make dried cilantro or curry leaves, spread them on a baking sheet and bake at 185°F for 10-20 minutes or until dry and crisp.

