

FUTURA[®]

NONSTICK

**DOSA TAVA (GRIDDLE)
INSTRUCTION MANUAL**
with 11 tested recipes

MASALA DOSA
(RICE AND GRAM PANCAKES
WITH SPICY POTATO FILLING)



IMPORTANT SAFEGUARDS

1. Do not use high heat.
2. Do not use on *chulha*, industrial burners or any heat source which cannot be regulated to low and medium heat or whose flame spreads beyond the tava.
3. Limit pre-heating of tava without food on medium heat to no more than 7 minutes.
4. When tava is hot, ensure that it is never without food.
5. Do not cut on tava or scrape it with metal or sharp edged objects.
6. Do not place any other utensil on the tava.
7. Clean thoroughly after each use in hot water with a mild soap or detergent and a dishcloth or sponge. Do not use abrasive cleaning agents or scrubbers.
8. Do not put hot tava in cold water.
9. Do not wash tava in a dishwasher as it may cause the hard anodised surface to deteriorate.
10. Do not put tava in a hot oven or under a broiler.
11. The handle of tava should be parallel to the kitchen counter – not sticking out.
12. Always give careful attention to a hot tava, hot oil and flame/heat.
13. Do not leave frying unattended. In case oil or butter should ever catch fire, have a metal lid handy to cover the tava. Never pour water on the fire as this may spread the fire.
14. Do not drop food or other objects from a height on the tava particularly when it has hot oil or butter. Place food gently on the tava to avoid spattering.
15. Read and follow instructions in this Manual.

IF YOU HAVE ANY QUESTIONS, COMMENTS OR SUGGESTIONS OR IF YOU NEED ANY HELP WITH THIS PRODUCT OR WITH ANY OF OUR OTHER PRODUCTS, PLEASE CONTACT THE CONSUMER SERVICE MANAGER AT:



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Introduction

Futura Nonstick Cookware

Futura Nonstick Cookware is made with a patented process by which high quality nonstick coating is fixed on to a hard anodised surface which makes it most durable. Futura Nonstick Cookware comes in many useful shapes and sizes to suit your different cooking needs. All are made from heavy gauge, pure, virgin aluminium for fast and even heat conduction. The pans are well-balanced with sturdy, stay-cool handles. The bottom is hard anodised to give you a surface that will not tarnish, pit or corrode and will stay looking new for years.

Futura Nonstick Dosa Tava (Griddle)

The Futura Nonstick Dosa Tava is 33 cm in diameter and 4.88 mm thick. It has a stay-cool handle made of stainless steel with a plastic grip. The handle is securely fastened with 3 sturdy stainless steel rivets.

This Manual contains instructions and 11 recipes for the Futura Nonstick Dosa Tava (Griddle). Your Dosa Tava will give you years of easy, great-tasting, healthful, economical cooking and easy clean-up *if* you carefully follow the instructions in this Manual.

How to Use

Before Use

Remove sticker/label. Remove any adhesive with vegetable oil. Before using tava for the first time, wash in hot water with a mild soap or detergent, rinse in clear water and dry. **DO NOT WASH IN A DISHWASHER.**

Before putting your tava on the heat, assemble and prepare all ingredients and keep spatula, utensils, serving plate etc. ready in the cooking area. **If you are looking for things once the tava is on the heat, it can overheat quickly and destroy the nonstick coating.**

Seasoning

It is not necessary to season the tava. If, however, you plan to cook food which tends to stick such as fried eggs without any oil or butter for the first use or before you have cooked with oil on the tava, seasoning will assist release of the food. To season: rub 1 tsp/5 ml vegetable oil over the clean nonstick surface using a paper napkin or clean cotton cloth. Wipe off oil with a paper napkin or clean cotton cloth. Wash and dry tava.

Suitable Heat Sources

High temperatures will shorten the life of the nonstick and may destroy it. Use tava only on domestic gas and radiant electric stoves in which the temperature can be regulated to low and medium heat. Use a burner to suit the size of your tava – gas flames should not spread beyond the tava. Do not use high heat. Use low to medium-high heat.

Limit Pre-heating of Tava

Some foods/recipes require pre-heating of the tava. Foods such as *dosa*, *uttapam* etc. require the tava to be at a certain temperature before you cook the first batch.

When pre-heating the cold empty tava before beginning to cook, it is critical that THE HEAT IS NO MORE THAN MEDIUM and the time is strictly limited to no more than 7 minutes.

Even if you have a small quantity of oil or butter or ghee (1 tbsp + 1 tsp/20 ml or less) on the tava, you should follow the pre-heating time given in the recipe. The actual time required for pre-heating for best cooking results may be less, depending on the food being cooked and your burner. Overheating can occur quickly if tava is left on the heat without food so **NEVER** keep the tava empty on the heat once it is hot.

Avoid Overheating: Check Your Burner

If food is smoking or burning, reduce heat. Using medium or lower heat and limiting the time the empty tava is heating are the basic techniques to avoid overheating.

The tava can overheat even on medium heat if the burner is providing excessive heat. To check if your burner can overheat even on medium heat, do the following test.

Step 1. Place clean tava on medium heat. Heat tava 4 minutes.

Step 2. Press one finger firmly into whole wheat flour (*atta*). Do not pinch. Flick from a distance of about 2½ inches/6 cm a small, fine, even dusting of flour on centre of tava and immediately begin counting off seconds ("one second, two second, three second" etc.) while watching the flour. The time the flour takes to become dark brown gives a rough indication of how hot the tava is. As long as flour has not turned dark brown within 15 seconds, the tava is not overheated.

Step 3. Follow the steps in the chart alongside to complete the test. Do not exceed the pre-heating limit of 7 minutes **in any case.**

Flour turns dark brown in 15 seconds or less?	Tava is...	Action needed
A. Yes	Overheated	<ol style="list-style-type: none"> 1. Remove tava from heat at once. 2. Reduce heat setting. 3. Try from Step 1 again when tava has cooled.
B. No	Not overheated	<ol style="list-style-type: none"> 1. Continue heating tava. Repeat flour test at 1 minute intervals. If flour turns dark brown in 15 seconds or less, tava is overheated: follow action as per A. 2. If flour does not turn dark brown in 15 seconds or less, stop test at 7 minutes (the maximum pre-heating time on medium heat). The heat setting is all right for pre-heating.

Avoid Scratching, Damage, Breakage

Use wooden, heat-resistant nylon, plastic or rubber spatula/utensils. Metal utensils will scratch and reduce the life of the nonstick coating. Do not cut or scrape with metal objects or knives. If using a metal spatula, try to keep spatula parallel to the tava to avoid digging into the coating. Try to touch the food and minimise contact with the coating. Do not leave plastic, nylon or rubber utensils on tava while it is hot.

Do not hit the tava or bang its rim. Do not bang tava down on pan supports. Lift tava from the pan supports – do not drag it across the pan supports. When storing the tava ensure that the nonstick coating is not gouged or rubbed against any hard or sharp surface. Do not stack other utensils on the coating without protecting it. Do not place heavy objects on tava to avoid warping. The plastic handle is liable to break under a sharp or forceful blow.

Do not use the tava for any purposes other than cooking in the manner described in this Manual.

After use, faint scratches or marks may appear on the nonstick coating. These are marks of normal wear and tear and do not affect the performance of the coating. Even if some of the coating is scraped off, the tava is still safe to use. The coating is non-toxic and inert; if accidentally and unknowingly ingested, it passes through the body harmlessly.

Saving Energy

The instructions given in this Manual for regulating heat in order to protect your tava and produce tasty food will also optimise fuel consumption.

How to Clean

Wash After Every Use

Taking care to protect your hand from the hot tava with sufficient paper or cloth, wipe off residual oil with a paper napkin or muslin cloth from hot tava immediately after cooking. Doing so makes cleaning very much easier. Allow tava to cool before washing.

Always wash all surfaces of tava thoroughly **after every use** in hot water with a mild soap or detergent and a dishcloth or sponge. **DO NOT WASH TAVA IN A DISHWASHER.** Dishwasher detergents may contain harsh chemicals or abrasive substances which may damage the hard anodised finish. Let tava cool before immersing in water. For stubborn spots on the **nonstick surface**, soak tava in hot water about 10 minutes and rub with a non-abrasive plastic scrubber – never use steel wool, coarse or metallic scouring pads or abrasive detergents. When cleaning the tava, ensure that the nonstick coating is not gouged or rubbed against any hard or sharp surface. While cleaning, keep a folded kitchen cloth or a piece of any other soft material such as rubber or sponge underneath the tava to avoid damaging the tava.

Wash wooden spatula in hot water with a mild soap or detergent, rinse and dry immediately – do not soak.

Metallic marks – most often from gas stove pan supports – may appear on the hard anodised base. To remove metallic marks from base: apply a kitchen cleanser, such as 'Vim', to the marks and rub with an abrasive kitchen scrubber, such as 'Scotch-Brite' or fine steel wool.

Avoid "Baked-On" Food/Stains

If tava is not cleaned thoroughly, a thin layer of food or grease may remain. When the tava is heated next, this food/grease becomes "baked-on" and very difficult to remove. "Baked-on" food and the stains from "baked-on" food may be impossible to remove without damaging the tava.

If you get "baked-on" food/stains, you may try the following methods (knowing that the tava surface may get damaged):

On the Hard Anodised (Bottom Surface): Make a thick paste of a cleaning powder such as 'Vim' and apply it to the "baked-on" food/stain. Wait 5 to 10 minutes. Scour with steel wool using a circular motion. Wash.

On the Nonstick (Top/Cooking Surface): Make a thick paste of a cleaning powder such as 'Vim' and apply it to the "baked-on" food/stain. Wait 5 to 10 minutes. Scour with a plastic scrubber using a circular motion. Wash.

Easy Tips for Better Cooking

1. Read the entire recipe before beginning to work. Assemble and prepare all ingredients. Follow recipe step-by-step.
2. Information on weights and measures is on page 8.
3. Unless otherwise noted, in the recipes:
 - All foods are to be appropriately cleaned and washed.
 - Onions, potatoes and fresh ginger are to be peeled.
4. **For Users Outside India:** In the recipes, size descriptions of ingredients refer to food available in India. Outside India, follow the weights rather than the size descriptions.
5. All Hindi words used in the recipes are translated to English on page 17 and/or explained in the **Glossary (Meanings and Methods)**. If you come across a word you do not know, check **Glossary** page 18.
6. Time and heat settings in the recipes refer to the large burner of an efficient domestic gas stove. You may have to adjust these times and settings to suit your stove. For best cooking results, adjust the heat so that cooking times are the same as those given in the recipes. You will be helped in making these adjustments by the steps and indications given in various recipes (for example, a few light golden brown specks should appear on the underside of a *roti* after 1 minute on medium heat). Avoid high temperatures for the best cooking results, conserving fuel and preserving the life of the nonstick coating.
7. Certain recipes specify "medium-high" heat setting. By "medium-high" heat we mean a setting between medium and high.
8. The nonstick coating of the tava retards browning somewhat in certain foods. For browner results, try cooking slightly longer. Do not use high heat.
9. Adding a little oil or butter to the tava may enhance the colour, taste and texture of many foods.
10. Do not heat oil till it smokes. It damages the oil and will burn the food.
11. It may be easier to turn some foods with two spatulas rather than one.
12. The quantities of green chillies recommended in the recipes are calculated to produce food of moderate pungency. You may increase, reduce or eliminate the chillies according to your taste.
13. Eggs, batters, doughs and fillings should be at room temperature before beginning to cook.
14. To avoid sticking when rolling out rounds of dough: slightly flatten balls and press the balls/coils lightly in flour on both sides. Shake off excess flour and roll out.
15. While cooking on tava, *roti* leaves a residue of flour that will burn. Using a kitchen cloth, wipe off accumulated residue after every third *roti*.

Tips for Making *Dosa*

The Futura Dosa Tava (Griddle) was designed for making *dosa* up to 30 cm in diameter. The following tips are in addition to the instructions in the *dosa* recipes.

1. The Hawkins Test Kitchen used two different utensils for spreading batter while developing the *dosa* recipes in this Manual: (1) A straight-handled, stainless steel ladle (Figure A) with a 2 inch/5 cm diameter flat base which curves widely into slightly rounded sides about $\frac{3}{4}$ inch/2 cm high and (2) A *katori* (Figure B) with a $2\frac{1}{2}$ inch/6 cm diameter flat base which curves widely into straight sides about $1\frac{1}{2}$ inch/4 cm high. Both utensils are acceptable but we prefer the *katori* because it gives better control, which is especially helpful when spreading large *dosa*.

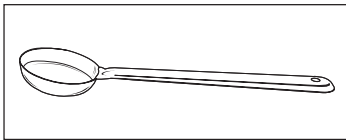


Figure A

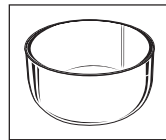


Figure B

2. The batter for a *dosa* must all be poured on the centre of tava at the beginning at one time. Do not add any batter later. Pour the batter on tava quickly. Start spreading quickly.

3. Use a light touch on the batter as you spread. Do not press the *katori* down so far that it touches the batter which has already "set" on the base but try to push the still-liquid batter evenly in a circular motion outwards.

4. Even if the batter skips an area on the tava (making a hole/tear), continue spreading in one direction. Do not stop or reverse direction. Do not attempt to fill in any holes in the *dosa* with batter. Doing so increases

the likelihood of spoiling the *dosa*. Even with holes, the *dosa* should hold together once the batter is cooked and the taste and doneness will be fine.

5. If the batter is difficult to spread because it is sticking to the *katori* and lifting off the tava, the tava may be too hot. You may reduce heat but – if the *dosa* are cooking as you wish with that heat setting – you may try the following options to make spreading batter easier:

- a. Wipe tava all over with a kitchen cloth or paper napkin before adding batter.
- b. Sprinkle $\frac{1}{2}$ tsp/2.5 ml water on tava and wipe with a kitchen cloth or paper napkin before adding batter.

6. The correct heat is important for making excellent *dosa*. The heat applied to a *dosa* can be controlled by adjusting the heat setting and the cooking time.

7. Within the range of acceptable heat, higher heat makes crisper and browner *dosa*; lower heat makes softer and whiter *dosa*.

8. In general, cooking a *dosa* longer makes it crisper and browner and cooking a *dosa* for a shorter time makes it softer and whiter.

9. *Dosa* made with parboiled rice (*Traditional South Indian Dosa*) are softer than *dosa* made with plain rice. Before the first turning of these softer *dosa*, check that the edges have become firm. Slide the spatula a little under one edge of *dosa*. The edge should not crumple or fold. If it does, do not attempt to lift *dosa* but allow it to cook longer.

10. Even on the ideal heat, the first *dosa*, *uttapam* or *roti* cooked after pre-heating the tava takes a little longer to cook properly than the second and subsequent items that may be cooked after the first. The extent of the longer time has been indicated in each recipe where required.

11. Figures C to I illustrate various steps in making *dosa* which are mentioned in the relevant recipes.

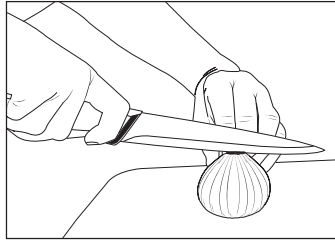


Figure C

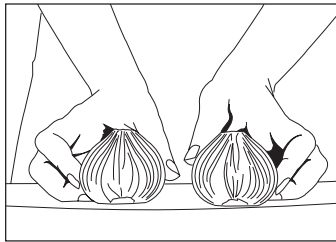


Figure D

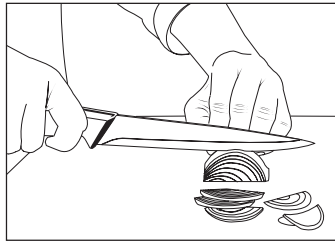


Figure E

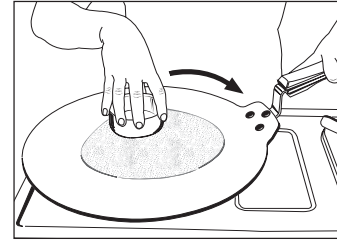


Figure F

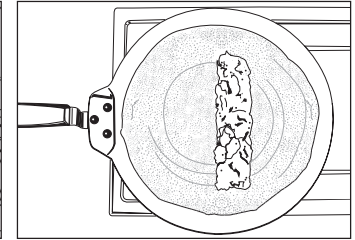


Figure G

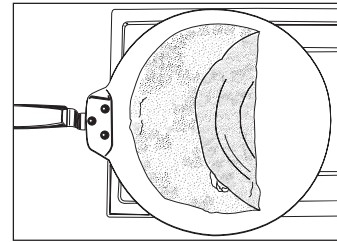


Figure H

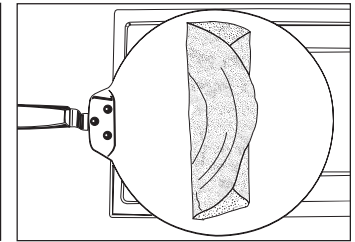


Figure I

How to Grind

To grind is to crush into bits or fine particles by rubbing between two hard surfaces. The traditional way to grind fresh herbs, dry spices, pulses, coconut, rice etc. is to use grinding stones (a hollow or flat stone slab and a stone roller called *sil batta*) or mortar and pestle. The modern and easier method is to use any of the various electric mixers, blenders or grinders.

Dry spices may be ground to a powder in a mortar and pestle, an electric coffee grinder or other spice grinder and a mixer-grinder. Place spices in grinder and operate machine until the spices are the required texture.

"Wet" ingredients such as chillies, garlic, ginger, coconut and onions – and whenever liquid is added – can be ground with a *sil batta*, in small electric choppers, mixer-grinders or food processors. For small quantities use the mixer's small grinding attachment. Cut food into small pieces or grate for easier grinding. When using an electric chopper, blend on high speed about a minute. Stop. Stir the ingredients preferably with a rubber spatula, scraping mixture from the sides of the jar. Continue electric mixing at high speed, stopping the machine and stirring occasionally, until the mixture is the desired consistency. Adding liquid enables chopped items to become a smoother paste.

To grind batter for *dosa* and *uttapam* in a mixer-grinder. Depending on the quantity of batter to be ground and the capacity of the grinder, it may be necessary to grind the rice/*dal* in batches.

1. Fill the "wet grinding" jar no more than half with soaked rice and/or *dal* (according to the recipes). Close lid. Grind about 30 seconds. Stop. Grains should be broken – grind a few seconds more if required. Stop. Scrape inside of lid and sides of jar.
2. The water required for grinding the rice/*dal* in the jar should be added about 1/4 cup/60 ml at a time. Add 1/4 cup/60 ml water. Close lid. Grind 2 to 3 minutes beginning at low speed and moving to high. Stop. Scrape inside of lid and sides of jar. Add 1/4 cup/60 ml water. Close lid. Grind 2 to 3 minutes. Continue grinding in the same way till the required water is consumed and the batter is the required texture. To check the texture of the batter: rub a small portion of batter between thumb and forefinger. Batter for *dosa* should be smooth; for *uttapam*, the *dal* paste should be smooth and the rice paste may be slightly coarser.

Measurements

The quantities of ingredients in the recipes are given in two measuring systems – U.S. and metric – separated by this mark "/". Use any one of the measurements.

Volume				Weight	
All measurements are level, not heaped.				Metric	Equivalent
Measurement	Equivalent			28 g (rounded off to 30 g)	1 oz
1 teaspoon	5 ml			450 g	16 oz / 1 lb
1/2 tablespoon	1 1/2 teaspoons / 7.5 ml			1 kg	2.2 lb
1 tablespoon	3 teaspoons / 15 ml			Length	
1/4 cup	4 tablespoons / 60 ml			Measurement	Equivalent
1/3 cup	5 tablespoons + 1 teaspoon / 80 ml			1/4 inch	6 mm
1/2 cup	8 tablespoons / 120 ml			1/2 inch	1.3 cm
3/4 cup	12 tablespoons / 180 ml			3/4 inch	1.9 cm
1 cup	16 tablespoons / 240 ml			1 inch	2.5 cm
1 litre	1000 ml				
Abbreviations					
Abbreviation	Equivalent	Abbreviation	Equivalent	Abbreviation	Equivalent
tsp	teaspoon	oz	ounce	mm	millimetre
tbsp	tablespoon	lb	pound	cm	centimetre
ml	millilitre	g	gram		

Traditional South Indian Dosa (Rice and Gram Pancakes)

Yield: 10 *dosa*

1/2 cup (3 1/2 oz / 100 g)	rice
1 cup (7 oz / 200 g)	parboiled rice
1/2 cup (3 1/2 oz / 100 g)	urad dal
2 1/2 cups / 600 ml	water other than for step 1
2 tsp / 10 ml	salt
3 tbsp + 1 tsp / 50 ml	vegetable oil

1. In a bowl, cover rice, parboiled rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice-*dal* mixture into a paste gradually adding 2 cups/480 ml water.
3. In a large bowl, mix rice-*dal* paste and salt. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
4. Mix fermented paste and enough of remaining water (1/2 cup/120 ml) to make a thin batter.
5. Heat tava on medium heat no more than 5 minutes.
6. Stir batter and pour 1/2 cup/120 ml in centre of tava. Quickly place the flat base of a metal ladle or *katori* very lightly on batter. Using a continuous circular motion in one direction, gently spread batter evenly outwards from centre to make a round about 12 inch/30 cm in diameter (see Figure F, page 7). Increase heat to medium-high. Cook the first *dosa* about 3 minutes. During this time, add 1/2 tsp/2.5 ml oil around edges of *dosa* and dribble 1/2 tsp/2.5 ml oil all over *dosa*. Turn over. Cook 1 minute, pressing gently with spatula all over *dosa* to flatten. Remove. Keep heat at medium-high. Cook remaining *dosa* in the same way as the first *dosa* except reduce cooking time before turning over *dosa* from about 3 minutes to about 2 minutes. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 16). ●

Crispy Dosa (Rice and Gram Pancakes)

Yield: 8 *dosa*

1 1/2 cups (10 2/3 oz / 300 g)	rice
1/2 cup (3 1/2 oz / 100 g)	urad dal
1 1/2 cups + 2 1/2 tbsp / 400 ml	water other than for step 1
2 tsp / 10 ml	salt
2 tbsp + 2 tsp / 40 ml	vegetable oil

1. In a bowl, cover rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice-*dal* mixture into a paste gradually adding 1 1/4 cups/300 ml water.
3. In a large bowl, mix rice-*dal* paste and salt. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
4. Mix fermented paste and enough of remaining water (1/4 cup + 2 1/2 tbsp/100 ml) to make a thin batter.
5. Heat tava on medium heat no more than 5 minutes.
6. Stir batter and pour 1/2 cup/120 ml in centre of tava. Quickly place the flat base of a metal ladle or *katori* very lightly on batter. Using a continuous circular motion in one direction, gently spread batter evenly outwards from centre to make a round about 12 inch/30 cm in diameter (see Figure F, page 7). Increase heat to medium-high. Cook the first *dosa* about 3 minutes. During this time, add 1/2 tsp/2.5 ml oil around edges of *dosa* and dribble 1/2 tsp/2.5 ml oil all over *dosa*. Turn over. Cook 1 minute, pressing gently with spatula all over *dosa* to flatten. Remove. Keep heat at medium-high. Cook remaining *dosa* in the same way as the first *dosa* except reduce cooking time before turning over *dosa* from about 3 minutes to about 2 minutes. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 16). ●

Masala Dosa (Rice and Gram Pancakes with Spicy Potato Filling)

Yield: 10 *dosa*

Batter

1/2 cup (3 1/2 oz / 100 g)	rice
1 cup (7 oz / 200 g)	parboiled rice
1/2 cup (3 1/2 oz / 100 g)	urad dal
2 1/2 cups / 600 ml	water other than for step 1
2 tsp / 10 ml	salt

Filling

5 large (1 lb 12 oz / 790 g)	potatoes 'boiled' (see page 18), peeled and while still hot: 2 potatoes broken into quarters and coarsely mashed with fingers; and 3 potatoes cut into 3/4 inch / 2 cm cubes
2 1/2 tsp / 12.5 ml	salt
1/2 tsp / 2.5 ml	turmeric
1/4 cup + 2 tbsp / 90 ml	vegetable oil
2 tsp / 10 ml	mustard seeds
2 tsp / 10 ml	urad dal
16	curry leaves
2	green chillies finely chopped
4 medium (14 oz / 400 g)	onions halved lengthwise (top to bottom) and sliced lengthwise (see Figures C, D and E, page 7)
1 x 1/2 inch / 1.3 cm piece (1/6 oz / 5 g)	fresh ginger grated

Oil for Dosa

3 tbsp + 1 tsp / 50 ml	vegetable oil
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- 1. To make batter:** In a bowl, cover rice, parboiled rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
- Grind rice-*dal* mixture into a paste gradually adding 2 cups/480 ml water.
- In a large bowl, mix rice-*dal* paste and salt. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
- To make filling:** Mix potatoes, salt and turmeric.
- Heat oil in a pan on medium-high heat about 2 minutes. (The Test Kitchen used a 2 Litre Futura Nonstick Deep-Fry Pan.) Add mustard seeds. When crackling, add *urad dal*. Stir a few seconds. Add curry leaves and chillies. Stir fry till *dal* is light golden brown. Add onions and stir fry about 1 minute. Add ginger. Mix. Cover and cook on low heat (about 10 minutes) till onions are soft, stirring at 3 minute intervals. Uncover.
- Increase heat to medium-high. Add potato mixture. Mix. Remove from heat. Cover and keep warm.
- To make *masala dosa*:** Mix fermented paste and enough of remaining water (1/2 cup/120 ml) to make a thin batter.
- Heat tava on medium heat no more than 5 minutes.
- Stir batter and pour 1/2 cup/120 ml in centre of tava. Quickly place the flat base of a metal ladle or *katori* very lightly on batter. Using a continuous circular motion in one direction, gently spread batter evenly outwards from centre to make a thin round about 12 inch/30 cm in diameter (see Figure F, page 7). Increase heat to medium-high. Cook the first *dosa* about 3 minutes. During this time, add 1/2 tsp/2.5 ml oil around edges of *dosa* and dribble 1/2 tsp/2.5 ml oil all over *dosa*. Turn over. Cook 45 seconds, pressing gently with spatula all over *dosa* to flatten. Turn over. Quickly place 1/2 cup/100 g filling on one side of the centre of *dosa* and spread into a rectangular shape about 1 3/4 inch/4.5 cm wide and 8 inch/20 cm long as shown in Figure G, page 7. Fold one large side of *dosa* over filling as shown in Figure H, page 7. Fold over the opposite side of *dosa* as shown in Figure I, page 7. Remove. Keep heat at medium-high. Cook remaining *masala dosa* in the same way as the first *masala dosa* except reduce cooking time before turning over *dosa* from about 3 minutes to about 2 minutes. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 16). ●

Rawa Dosa (Semolina and Gram Pancakes)

Yield: 10 *dosa*

$\frac{3}{4}$ cup (5 $\frac{1}{3}$ oz / 150 g)	urad dal soaked for 2 hours and drained
3 cups + 2 tbsp / 750 ml	water
2 cups (10 $\frac{2}{3}$ oz / 300 g)	rawa/sooji
2 tsp / 10 ml	salt
3 tbsp + 1 tsp / 50 ml	butter melted

1. Grind *urad dal* into a paste gradually adding 1 $\frac{1}{4}$ cups/300 ml water.
2. Put *rawa/sooji* in a large bowl. Gradually add remaining water (1 $\frac{3}{4}$ cups + 2 tbsp/450 ml), stirring constantly to make a smooth batter. Add *dal* paste and salt. Mix. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
3. Heat tava on medium heat no more than 5 minutes.
4. Stir batter and pour $\frac{1}{2}$ cup/120 ml in centre of tava. Quickly place the flat base of a metal ladle or *katori* very lightly on batter. Using a continuous circular motion in one direction, gently spread batter evenly outwards from centre to make a round about 12 inch/30 cm in diameter (see Figure F, page 7). Increase heat to medium-high. Cook the first *dosa* about 3 minutes. During this time, add $\frac{1}{2}$ tsp/2.5 ml butter around edges of *dosa* and dribble $\frac{1}{2}$ tsp/2.5 ml butter all over *dosa*. (After about 2 minutes, when top is dry, spread unabsorbed butter by moving edge of spatula lightly all over *dosa*.) Turn over. Cook 1 minute, pressing gently with spatula all over *dosa* to flatten. Remove. Keep heat at medium-high. Cook remaining *dosa* in the same way as the first *dosa* except reduce cooking time before turning over *dosa* from about 3 minutes to about 2 minutes. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 16). ●

Uttapam (Rice and Gram Pancakes)

Yield: 5 *uttapam*

1 $\frac{1}{2}$ cups (10 $\frac{2}{3}$ oz / 300 g)	rice
$\frac{3}{4}$ cup (5 $\frac{1}{3}$ oz / 150 g)	urad dal
1 cup + 2 tbsp / 270 ml	water other than for step 1
1 tbsp / 15 ml	salt
2 $\frac{1}{2}$ tbsp / 37.5 ml	vegetable oil

1. In separate bowls, cover rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice into a paste, gradually adding $\frac{1}{2}$ cup/120 ml water.
3. Grind *dal* into a paste, gradually adding remaining water ($\frac{1}{2}$ cup + 2 tbsp/150 ml).
4. In a large bowl, mix rice and *dal* pastes and salt to make batter. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
5. Mix fermented batter gently.
6. Heat tava on medium heat no more than 6 minutes.
7. Stir batter and pour $\frac{3}{4}$ cup/180 ml in centre of tava. With the flat base of a metal ladle, quickly and gently spread batter to make a round of even thickness about 8 inch/20 cm in diameter. Add $\frac{1}{2}$ tsp/2.5 ml oil around edges of *uttapam*. Fry till surface becomes dull and underside is golden brown (about 3 minutes). Dribble 1 tsp/5 ml oil all over *uttapam*. Turn over. Fry till underside is golden brown (about 3 minutes). Remove. Fry remaining *uttapam* in the same way. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 16). ●

Three-at-One-Time Masala Uttapam (Savoury Rice and Gram Pancakes)

Yield: 15 *uttapam*

1½ cups (10 ² / ₃ oz / 300 g)	rice
¾ cup (5 ¹ / ₃ oz / 150 g)	urad dal
1 cup + 2 tbsp / 270 ml	water other than for step 1
1 tbsp / 15 ml	salt
1 large (6 ¹ / ₃ oz / 180 g)	onion finely chopped
4	green chillies finely chopped
2 tbsp / 30 ml	coriander leaves chopped, lightly pressed into tbsp
2½ tbsp / 37.5 ml	vegetable oil

1. In separate bowls, cover rice and *urad dal* with water at least 1 inch/2.5 cm above ingredients. Soak 4 hours. Drain.
2. Grind rice into a paste, gradually adding ½ cup/120 ml water.
3. Grind *dal* into a paste, gradually adding remaining water (½ cup + 2 tbsp/150 ml).
4. In a large bowl, mix rice and *dal* pastes and salt to make batter. Cover and keep aside (not in a refrigerator) at least 12 hours to ferment.
5. Gently mix fermented batter and all other ingredients except oil.
6. Heat tava on medium heat no more than 6 minutes.
7. Stir batter and pour ¼ cup/60 ml on one side of tava – about halfway between centre and rim. With the flat base of a metal ladle, quickly and gently spread batter to make a round of even thickness about 4¾ inch/12 cm in diameter. Repeat twice to make 3 separate rounds (see Hindi front cover). Starting with the first round/*uttapam*, add ¼ tsp/1.3 ml oil around edges of each *uttapam*. Continue cooking **each** *uttapam* on tava in the following way: fry till surface becomes dull and underside is golden brown (about 3 minutes). Dribble ¼ tsp/1.3 ml oil

all over *uttapam*. Turn over. Fry till underside is golden brown (about 3 minutes). Remove.

8. Fry remaining *uttapam* in the same way as in **step 7**. Serve hot, accompanied with **Coconut Chutney** (for recipe, see page 16). ●

Egg Rolls

Yield: 4 rolls

Dough

1¼ cups (4⅓ oz / 125 g)	sifted refined flour (<i>maida</i>)
¼ + ⅛ tsp / 1.9 ml	salt
¼ tsp / 1.3 ml	sugar
1 tbsp + 1 tsp / 20 ml	milk
¼ cup + 2 tsp / 70 ml	water

Oil

2 tbsp / 30 ml	vegetable oil
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Filling

8	eggs
½ tsp / 2.5 ml	salt
½ tsp / 2.5 ml	pepper
2 small (3½ oz / 100 g)	onions cut into rounds and separated into single rings (see Figures N and O, page 15)
1 tsp / 5 ml	green chilli chopped (optional)
2 tsp / 10 ml	vinegar with green chillies (see page 18)
2 tsp / 10 ml	chaat masala

1. Mix flour, salt, sugar and milk. Add 2 tbsp + 2 tsp/40 ml water. Mix. Add enough of remaining water (2 tbsp/30 ml), 1 tbsp/15 ml

at a time, mixing after each addition, till dough forms a soft ball (stop adding water before dough becomes very wet and sticky). Knead till dough is smooth and elastic (about 5 minutes). Keep covered with a damp cloth about 30 minutes.

2. Rub hands with a few drops of oil. Knead dough briefly. Make 4 balls about 1½ inch/3.8 cm in diameter. Keep covered with a damp cloth.

3. On a floured board, roll a ball of dough into a flat round 8 inch/20 cm in diameter (see page 5 para 14). Spread ½ tsp/2.5 ml oil all over the top surface of the round.

4. Starting at one edge, tightly roll up round (Figure J). With palms of both hands roll back and forth till extended to 12 inch/30 cm long (Figure K). Wind around one end into a flat coil (Figure L). Put free end over centre top of coil (Figure M). Press down free end gently. Flatten coil slightly.

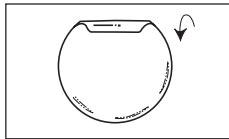


Figure J

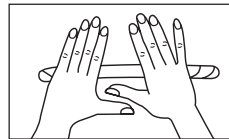


Figure K

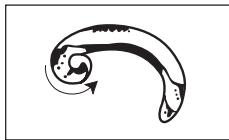


Figure L

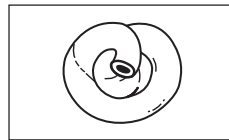


Figure M

5. Make remaining balls into coils in the same way as in **step 3** and **step 4**. Keep covered with a damp cloth.

6. On a floured board, roll each coil into a flat round 8 inch/20 cm in diameter. Keep on a lightly floured surface, covered with a damp cloth.

7. Break 2 eggs into each of 4 small bowls. Beat eggs in each bowl with a fork just till yolks and whites are mixed. Keep aside. Put ⅛ tsp/0.6 ml salt and ⅛ tsp/0.6 ml pepper onto each of 4 small plates to make four portions. Keep aside.

8. Heat tava on medium heat no more than 5 minutes. Put one round on tava. Cook 1 minute (Top should begin to look dry. There should be a few light golden brown specks on the underside – if the round does not have the desired light golden brown specks on the underside, cook 30 seconds longer). Turn over. Spread ¼ tsp/1.3 ml oil all over the top surface of round (about 15 seconds). Cook about 45 seconds or till a few light golden brown specks appear. Turn over. Spread ¼ tsp/1.3 ml oil all over the top surface of round (about 15 seconds). Lightly press entire round with spatula, rotating and pressing a small area at a time (about 45 seconds). Turn over. Cook, pressing round in the same way, about 1 minute. (*Roti* should be evenly cooked on both sides, with golden brown spots. It should not be very crisp so do not allow spots to become dark brown. A *roti* takes about 4 minutes to cook.) Remove. Keep aside. Cook remaining rounds in the same way. Wipe tava with a kitchen cloth or paper napkin.

9. Spread ½ tsp/2.5 ml oil outwards from centre of tava over the circular area (about 8 inch/20 cm in diameter) where the eggs will be poured. Quickly take one of the bowls containing eggs, add one portion salt and pepper (pre-measured in step 7), beat till mixed and pour egg mixture in centre of tava. Quickly place one *roti* over egg mixture. Press top surface of *roti* lightly with spatula till eggs stick to *roti* (about 30 seconds). Cook till eggs are set (about 30 seconds). Turn over. Cook about 30 seconds. Slide *roti* (egg side up) onto a plate. Put empty, hot tava on a coaster or grid. Do **step 10** without delay.

10. Scatter ¼ cup/25 g onion rings over eggs. Sprinkle ¼ tsp/1.3 ml green chilli (optional), ½ tsp/2.5 ml vinegar with green chillies and ½ tsp/2.5 ml *chaat masala* over onions. Starting at one edge, roll up *roti*. Serve hot. Quickly return tava to medium heat.

11. Make and serve remaining rolls in the same way as in **step 9** and **step 10**.

Serving Suggestions:

1. Serve with tomato ketchup or mustard sauce, if desired.
2. Wrap a piece of aluminium foil around half of roll for holding. ●

Vegetable Rolls

Yield: 4 rolls

Dough

1 1/4 cups (4 1/3 oz / 125 g)	sifted refined flour (<i>maida</i>)
1/4 + 1/8 tsp / 1.9 ml	salt
1/4 tsp / 1.3 ml	sugar
1 tbsp + 1 tsp / 20 ml	milk
1/4 cup + 2 tsp / 70 ml	water

Patties

1 cup / 240 ml	water
1 1/8 tsp / 5.6 ml	salt
1/3 cup / 50 g	peas shelled or frozen
3 medium (12 oz / 340 g)	potatoes 'boiled' (see page 18), peeled and mashed while still hot
1/4 + 1/8 tsp / 1.9 ml	red chilli powder
1/4 + 1/8 tsp / 1.9 ml	coriander powder
1/4 + 1/8 tsp / 1.9 ml	cumin powder
1/8 tsp / 0.6 ml	turmeric
2 tsp / 10 ml	coriander leaves chopped, lightly pressed into tsp
2 tsp / 10 ml	mint leaves chopped, lightly pressed into tsp
4 tsp / 20 ml	vegetable oil

Oil for Rounds and Rolls

1 tbsp + 1 tsp / 20 ml	vegetable oil
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Rolls

2 small (3 1/2 oz / 100 g)	onions cut into rounds and separated into single rings (see Figures N and O, page 15)
2 tsp / 10 ml	vinegar with green chillies (see page 18)
2 tsp / 10 ml	chaat masala

1. To make rounds: Follow **steps 1** through **6** of **Egg Rolls**, page 12.

2. To make patties: In a small pan, bring water and 1/4 tsp/1.3 ml salt to boil. Add peas. Cover and cook on low heat till peas are tender (10 to 12 minutes). Drain.

3. In a bowl, mix potatoes, peas, remaining salt (3/4 tsp + 1/8 tsp/ 4.4 ml), red chilli, coriander, cumin and turmeric powders, coriander leaves and mint leaves. Make 4 patties about 4 3/4 inch/12 cm long x 1 1/2 inch/ 3.8 cm wide x 3/4 inch/2 cm thick.

4. Heat tava on medium heat no more than 5 minutes. Spread 2 tsp/ 10 ml oil outwards from centre of tava over the circular area (about 8 inch/20 cm in diameter) where patties will be placed. Add 4 patties. Fry till underside is golden brown (about 3 minutes). Turn patties with two spatulas. Add 1/2 tsp/2.5 ml oil around each patty. Fry till underside is golden brown (about 3 minutes). Remove and cover patties. Remove tava.

5. To make rolls: Carefully wipe hot tava clean with sufficient paper towel or kitchen cloth. Quickly replace tava on medium heat. Put one round on tava. Cook 1 minute (Top should begin to look dry. There should be a few light golden brown specks on the underside – if the round does not have the desired light golden brown specks on the underside, cook 30 seconds longer). Turn over. Spread 1/4 tsp/1.3 ml oil all over the top surface of round (about 15 seconds). Cook about 45 seconds or till a few light golden brown specks appear. Turn over. Move round a little off center. Place one patty on one side of tava. Spread 1/4 tsp/1.3 ml oil all over the top surface of round (about 15 seconds). Lightly press entire round with spatula, rotating and pressing a small area at a time (about

45 seconds). Turn over round. Turn over patty. Cook round, pressing in the same way, about 1 minute. (*Roti* should be evenly cooked on both sides, with golden brown spots. It should not be very crisp so do not allow spots to become dark brown. A *roti* takes about 4 minutes to cook.) Put *roti* on a plate. Slide patty onto one side of *roti* as shown in Figure P below. Put empty, hot tava on a coaster or grid. Do **step 6** without delay.

6. Scatter $\frac{1}{4}$ cup/25 g onion rings on patty. Sprinkle $\frac{1}{2}$ tsp/2.5 ml vinegar with green chillies and $\frac{1}{2}$ tsp/2.5 ml *chaat masala* over onions. Fold edge of *roti* closest to patty over patty and roll up *roti*. Press top of roll lightly. Serve hot. Quickly return tava to medium heat.

7. Make and serve remaining rolls in the same way as in **step 5** and **step 6**.

Serving Suggestions:

1. Serve with tomato ketchup or green chutney, if desired.
2. Wrap a piece of aluminium foil around half of roll for holding. ●

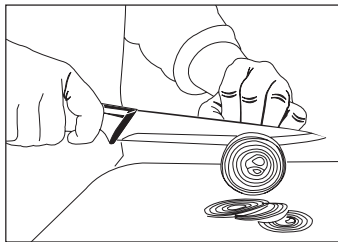


Figure N

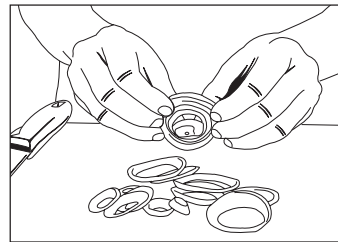


Figure O

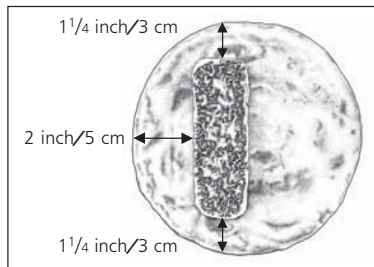


Figure P

Nine-at-One-Time Alu Tikki (Potato Cutlets – Sindhi Style)

Yield: 18 *tikki*

7 slices (each $3\frac{1}{2}$ inch x $3\frac{1}{2}$ inch x $\frac{3}{8}$ inch / 9 cm x 9 cm x 1 cm)	bread
1 cup / 240 ml	water
6 large (2 lb $3\frac{1}{2}$ oz / 1 kg)	potatoes 'boiled' (see page 18), peeled and mashed while still hot
4	green chillies finely chopped
3 tbsp + 1 tsp / 50 ml	coriander leaves finely chopped, lightly pressed into tbsp/tsp
2 tbsp + 1 tsp / 35 ml	mint leaves finely chopped, lightly pressed into tbsp/tsp
$2\frac{1}{4}$ tsp / 11.3 ml	salt
1 tsp / 5 ml	red chilli powder
$1\frac{1}{2}$ tsp / 7.5 ml	cumin seeds
2 tbsp + 2 tsp / 40 ml	vegetable oil

1. Immerse each bread slice in water for 15 seconds. Squeeze out and discard water. Break bread into tiny pieces. Mix bread and all other ingredients except oil. Make 18 patties about $2\frac{3}{4}$ inch/7 cm in diameter, $\frac{1}{2}$ inch/1.3 cm thick.

2. Heat 1 tbsp + 1 tsp/20 ml oil on centre of tava on medium heat no more than 5 minutes. Spread oil with spatula over tava to about 1 inch/2.5 cm from rim.

3. Add 9 patties. Fry on both sides till golden brown (about 5 minutes on each side). Remove.

4. Spread remaining oil (1 tbsp + 1 tsp/20 ml) on tava. Fry remaining patties in the same way as in **step 3**. Serve hot, accompanied with tomato ketchup or **Dhania Chutney** (for recipe, see page 16). ●

Coconut Chutney

Yield: 2 cups

1/2 cup (2 ² / ₃ oz / 80 g)	groundnuts/peanuts
2 cups (5 ² / ₃ oz / 160 g)	coconut coarsely grated or cut into small pieces (about 1/4 inch / 6 mm square)
2/3 cup / 160 g	curd beaten
6	green chillies
2 tsp / 10 ml	salt
1 tsp / 5 ml	sugar
1/4 cup / 60 ml	water

Tempering

1 tbsp / 15 ml	vegetable oil
1 tsp / 5 ml	mustard seeds
1 tsp / 5 ml	urad dal
12 small	curry leaves

1. Put groundnuts/peanuts on tava on medium heat. Stir constantly till groundnuts start crackling (about 5 minutes). Remove from tava. Allow to cool. Remove skins by rubbing groundnuts.
2. Grind into a paste groundnuts, coconut, curd, chillies, salt and sugar, gradually adding water.
3. **Tempering:** Heat oil in a small pan on medium heat about 1 minute. Add mustard seeds. When crackling, add *urad dal*. Stir a few seconds. Add curry leaves. Stir constantly till *dal* is light golden brown. Immediately pour over chutney. Mix. Serve with **Traditional South Indian Dosa, Crispy Dosa, Masala Dosa, Rawa Dosa, Uttapam** and **Three-at-One-Time Masala Uttapam** (for recipes, see Contents, page 1). ●

Dhania Chutney (Green Coriander Chutney)

Yield: 1 1/2 cups

1/4 cup + 2 tbsp (2 oz / 60 g)	groundnuts/peanuts
1 1/2 cups (4 oz / 120 g)	coconut coarsely grated or cut into small pieces (about 1/4 inch / 6 mm square)
1 cup (1 ² / ₃ oz / 50 g)	coriander leaves chopped
1	green chilli
3 tbsp / 45 ml	lemon juice
1 tsp / 5 ml	salt
1/4 cup + 1 tbsp / 75 ml	water

Tempering

1 tsp / 5 ml	vegetable oil
1 tsp / 5 ml	mustard seeds
5 small	curry leaves

1. Put groundnuts/peanuts on tava on medium heat. Stir constantly till groundnuts start crackling (about 5 minutes). Remove from tava. Allow to cool. Remove skins by rubbing groundnuts.
2. Grind into a paste groundnuts, coconut, coriander leaves, chilli, lemon juice and salt, gradually adding water.
3. **Tempering:** Heat oil in a small pan on medium heat about 1 minute. Add mustard seeds. When crackling, add curry leaves. Stir a few seconds. Immediately pour over chutney. Mix. Serve with **Nine-at-One-Time Alu Tikki** (for recipe, see page 15). ●

English/Hindi Translations

Space for Your Notes

Bread	<i>Dabalroti</i>
Butter	<i>Makkhan</i>
Coconut	<i>Nariyal</i>
Coriander leaves	<i>Hara dhania ke patte</i>
Coriander powder	<i>Pissa sukha dhania</i>
Cumin powder	<i>Pissa jeera</i>
Cumin seeds	<i>Jeera</i>
Curd; Yogurt	<i>Dahi</i>
Curry leaves	<i>Kadi patta/Meethi neem ke patte</i>
Ginger, fresh	<i>Adrak</i>
Green chillies	<i>Hari mirch</i>
Groundnuts; Peanuts	<i>Moongphalli ke dane</i>
Lemon juice	<i>Nimbu ka rus</i>
Mint leaves	<i>Pudina</i>
Mustard seeds	<i>Rai</i>
Peas	<i>Matar</i>
Pepper	<i>Pissi kali mirch</i>
<i>Rawa; Sooji</i>	Semolina
Red chilli powder	<i>Pissi lal mirch</i>
Turmeric	<i>Haldi</i>
<i>Urad dal</i>	Split skinned black gram
Vinegar	<i>Sirca</i>

Glossary (Meanings and Methods)

Batter: A mixture made from flour and a liquid such as water, milk or egg which is thin enough to pour or drop from a spoon.

Beat: To mix with an instrument such as a spoon, whisk or electric beater using a regular, rapid, rhythmic movement.

'Boiled' Potatoes cooked in a Hawkins Pressure Cooker:

Size of the Potato (Whole, Unpeeled)	Water Quantity	Pressure Cooking Time
(Small – 75 g)	1 cup	6 minutes
(Medium – 100 g)	1 cup	10 minutes
(Large – 150 g)	1½ cups	15 minutes

Method: Pour water in cooker. Put grid in cooker. Place potatoes on grid. Close cooker. Bring to full pressure (first whistle) on high heat. Reduce heat to medium and cook the required time. Remove cooker from heat. Release pressure by slight lifting of vent weight. Open cooker.

Chaat Masala: a tangy powdered mixture of spices, herbs, rock salt, black salt, dry mango, pomegranate seeds etc. used to enhance the flavour of various foods. Commercial brands are available at grocery stores in India and at East Indian food stores outside of India.

Dough: A mixture of flour and a liquid such as milk or water which is stiff enough to knead or roll.

Floured board: A flat smooth piece of rigid material (such as wood or marble) used for rolling or shaping the dough, also known as *chackla*, dusted lightly with flour to prevent dough sticking.

Ginger, fresh (Adrak): Peel off the smooth brown skin before grating or chopping. The recipes give the weight as well as the length of fresh ginger required. Since the width and thickness of ginger pieces vary,

the width of a piece of ginger is taken to be 1 inch/2.5 cm for quantities specified in the recipes. A 1 inch/2.5 cm long and 1 inch/2.5 cm wide piece of ginger is taken to weigh 1/3 oz/10 g.

Grate (Kasna): To reduce food to fine particles by rubbing it against the surface of a grater (an abrasive implement with sharp-edged, raised perforations).

Katori: A small stainless steel bowl with a flat base (see Figure B, page 6).

Knead: To work dough with hands by pushing into the dough, folding it over and pushing again until dough is resilient, smooth and satiny.

Parboiled rice (Usna chawal/Ukda chawal/Kochhige akki/Puzhungal arisi/Puzhukalari/Uppudu biyyam): Unpolished rice which has been partially boiled, then dried and dehusked.

Patty: A small oval or round flattened cake of chopped or minced food.

Rawa: Also called **Sooji**. Semolina – coarsely ground, pale-yellow flour derived from hard wheat.

Refined flour (Maida): A white flour made from wheat which has had the bran and germ removed before grinding.

Roti: A general term for Indian unleavened breads.

Sift: To pass dry ingredients through a sieve.

Vinegar with Green Chillies:

Yield: 2 tsp/ 10 ml

2 tsp/ 10 ml	vinegar
1/2	green chilli finely chopped
1/8 tsp/ 0.6 ml	salt

Place vinegar in a bowl. Add green chilli and salt. Mix. Keep covered about 1 hour.