

Pumpkin Dosa with Vegetable Stew

This recipe is contributed by our patient **Mrs Ritu Singhal**.

Ingredients (for 10 dosa) for dosa batter

1 cup samai / little millet / parboil rice

1 cup idli rawa / rawa / sooji

1/4 cup urad dal

1 cup red pumpkin

2 tsp oil / sesame oil

1 tsp jeera / cumin seeds

pinch of hing

1 tbsp onion

4 cloves garlic

1 tsp salt or to taste

4 whole red chillies

1 tbsp flax seed powder

For coconut vegetable stew

1 cup thick coconut milk

1.25 cups all mix veggies (french beans, peas, carrots & potatoes)

2 tsp coconut oil / oil

4 pieces each of cloves and whole black pepper

1 green cardamom

1 small piece cinnamon

1/4 tsp each of green cardamom and cinnamon powder

1 tbsp onion

1 tsp ginger

2 non spicy green chillies

8-10 curry leaves

salt to taste

1 tsp lemon juice

Procedure

1. Mix little millet, rawa and urad dal, wash and soak it for 3-4 hours.
2. Take a grinder to make a smooth paste with minimum water. Once dosa consistency batter appears keep it aside
4. Grind red pumpkin and tempered onion masala with 6 tbsp of water to make a smooth paste.
5. Mix both the paste and flax seed powder together .Add salt as per the taste

Tempering for pumpkin

1. Heat 2 tsp oil in a sauce pan. Add whole garam masala, cinnamon and cardamom powder to the oil. Add onion, garlic and salt
2. Pour over the pumpkin pieces.

Preparing Coconut Veg Stew

1. Heat oil add cumin seeds, hing / asafoetida, onion, ginger, green chillies, curry leaves and mix the vegetables.
2. Add coconut milk, water and salt to the pan
3. Cover to cook for 15 minutes
4. Uncover and add lemon juice to the pan
5. Serve hot

Video URL: <https://www.youtube.com/watch?v=WRC82zia9WY>

Besides being an **Executive Director** at her company, Ritu is a passionate cook. She took her passion to virtual world by creating an Youtube channel named **'The Happy Flavors'**. The USP for her cookery videos are that the **videos are very short and precise.**

Ritu a graduate from the **Food Craft Institute of Jaipur** and has been crafting delicious recipes for her family for years. Her wish is to pass on this beautiful skill to the world.

"Cooking can be hard, and I take great care to simplify every recipe and explain every step in great detail, so you can leave your audience licking their fingers. Think different, cook different!"