



Uttapam--A healthy Indian pancake

SERVES: 4-

Preparation Time: 30 min.

Cooking Time:10 min

Ingerdiendts:

- 1.Suji or Samolina–1cup
- 2.Vegetables--Can choose from variety of veggies-1 cup
(any color bell peppers,spinach,tomatoes -finely chopped)
3. Yogurt-1/2cup
- 4.Cumin seeds-1/2tsp
- 5-Curry Leaves-4 to 5(can cut in small pieces)
- 6.Oil-to make surface oily or can use Pam oil
- 7.Red chilli - ¼ tsp(optional)
- 8.Salt—According to the taste
- 9.Coriander leaves - Chopped—1 tsp
- 10.Water--According to the need
- 11 .Hing- A pinch
- 12.Green Chilli-1(optional)

METHOD OF COOKING-

1. Mix Suji with yogurt in a mixing bowl. You can add little water if neede to bring the consistency of pancakes. Keep this batter for at least 30 minutes.
- 2.Add all the veggies,corriander leaves ,curry leaves,cumin seeds,hing,salt.Mix it well,keep it aside.
- 3.Take a heavy flat pan,put it on gas stove on high heat first.
- 4.Once pan is hot enough,put the heat on medium and sprinkle the oil on the pan.
- 5.Now put Suji batter on the oily surfaced pan with the help of round cooking spoon to make pancake sized Uttapam.
- 6.Let one side cook till that side cooks light brown.You can check the sides with the help of flat cooking spoon.

7. Once you see that side is light brown turn the Uttapam over and let it cook this side now.
8. When you see both sides are brown. Uttapam is ready.
9. Serve it hot and crispy with Coconut chutney.

TIPS--

1. Cook Uttapam at medium heat always to get nicely cooked and crispy Uttapams.
2. You can use buttermilk also instead yogurt.
3. In case you can not soak suji with yogurt before time, don't worry. You can make it instantly too.
4. You can use your choice of veggies too.
5. You can use readymade packages of Uttapam available in Indian grocery stores which is mix of rice and urad dal.
6. For Vegans, yogurt can be avoided, use water instead.

