

UTTAPAM

(slightly modified from Woodland Foods)

(makes 8 little pancakes)

1 cup Basmati rice
1/2 cup Ivory lentils
3/4 teaspoon sea salt
1 teaspoon sugar
1/2 teaspoon baking soda
1 cup peas (fresh or frozen)
1 Jalapeno pepper, minced
1/2 cup fresh cilantro, chopped
vegetable oil (I used grape seed)

Thoroughly rinse rice and lentils separately. Place each in large bowl of fresh water and soak for 2 hours.

Drain rice and lentils, and place in blender. Add salt, sugar and baking soda and grind mixture into paste. Add about 1/2 cup water, and continue blending to create thick batter. Transfer mixture to bowl, and set aside to ferment at room temperature for at least 4 to 12 hours.

Combine peas, Jalapenos and cilantro in a small bowl. Heat griddle or nonstick skillet over medium heat and brush with oil. Pour in 2 to 3 tablespoons batter and spread out with back of spoon to create circle 4 inches in diameter. Sprinkle some of pea mixture evenly on top. Cook until small bubbles appear on surface, then flip and cook other side until crisp and golden.