

Cooking therapy in quarantine

by Ashish Sutar



Photos: Ashish Sutar



Pumpkin Pancakes



Plain Dosa or Indian Pancakes

In these difficult times under lockdown we have been overloaded with information, and it is easy to get anxious and stressed. For many, cooking at home has become routine. To balance the time needed for both office and housework, and to save time, more often than not, you wish to be able to prepare meals quickly. Though you can always plan your cooking at weekends and indulge your taste buds in anticipation. Food is important because it not only helps to nourish our physical health but also contributes to our spiritual and emotional well-being. From my personal experience, cooking is not only a great opportunity to improve your skills but is an excellent way to unwind and reduce anxiety, giving you the joy of preparing food and the opportunity to share it. I recently prepared two dishes at home in quarantine and would like to share the recipes with you: pumpkin pancakes (quick recipe) and dosa or Indian pancakes (requires more time)! Have fun and enjoy your cooking therapy 😊!

[Conversion tables](#)

Recipe 1: Pumpkin Pancakes

Ingredients

3/4 cup (96 g) almond flour	1/2 tsp salt
1/4 cup (32 g) all-purpose flour	1 tsp baking powder
2 tbsp brown sugar	2 eggs
1/2 tsp cinnamon powder	1/2 cup pumpkin purée
1/2 tsp ground ginger powder	1/2 tsp vanilla essence
1/8 tsp nutmeg powder	3 tbsp almond milk
A pinch of clove powder	1 tsp vinegar

Method

1. Combine the almond milk and vinegar and set aside for 5 min.
2. In a bowl, combine all the dry ingredients and mix well.
3. In a separate bowl, combine the eggs, pumpkin purée, vanilla and almond mixture.
4. Combine the wet and dry ingredients and mix well.
5. Let it stand for 10 min.
6. Fry on each side using a non-stick or cast-iron pan.
7. Serve with honey, jam or sweetened condensed milk. (I use both honey and sweetened condensed milk).

Recipe 2: Plain Dosa or Indian Pancakes

Ingredients

- 2 cups (250 g) parboiled rice
- 1 cup (125 g) urad dal or split black gram without skin
- 1/2 tsp fenugreek seeds (methi)
- 1/4 cup (32 g) puffed rice (flattened rice) – optional
- 1 tsp salt
- 1 cup (237 ml) water for grinding rice
- 1/2 cup (118 ml) water for grinding the urad dal

Method

I. Soak rice and lentils

1. Firstly, rinse the rice two to three times and the puffed rice two to three times, then soak together in a bowl with 2 cups water.
2. Wash and rinse the dal with fenugreek seeds (methi) seeds two to three times and soak both together in a separate bowl with 1 1/2 cups water.
3. Soak both for up to 4-5 hr.

II. Making the batter

1. Now strain the rice and keep the water for grinding. Put the rice and puffed rice in a grinder or blender, add 1 cup of strained water and grind to a fine-grain consistency.
2. Remove to a large container.
3. Into the same jar, strain and add the dal with methi seeds and add 1/2 cup of strained water and make a smooth batter.
4. Now add this to the rice mixture.
5. Allow the batter to ferment overnight for 8 - 10 hrs.

III. Preparing the dosa

1. Take the fermented batter add 1 tsp salt and stir lightly.
2. Heat a flat non-stick pan on a medium heat.
3. Add the batter to the pan in a circular motion. While doing this, the flame should be on low.
4. Cook on a medium heat. Add some oil or butter and let it cook till it becomes golden brown.
6. Fold the dosa and serve.

Note: If you wish, you can fill the dosa with grated carrots and beetroot and can be served with coconut chutney/sauce, ketchup and red pepper garlic sauce.

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