

Thayir Vada - Donut-shaped Lentil Patties In Yogurt

The DONUT-SHAPED LENTIL PATTIES IN YOGURT recipe uses the same base batter as in FRIED DONUT-SHAPED LENTIL PATTIES (previous recipe); however the final dish does not resemble or taste like it at all. This is a party favorite in Kerala, and it can be conveniently made ahead.

Ingredients (To serve 4)

- Split black gram (*dhulli urad dal*) - 1 cup
- Small red onion - 1
- Ginger - 1-inch / 2.5-cm piece
- Small green chilies - 2
- Coriander leaves - 2 tbsp
- Curry leaves - 5
- Olive oil - ½ cup (for frying)
- Yogurt - 1 cup
- Salt - 1 tsp

Utensils

- Medium pan
- Blender
- Small bowl
- Small wok

Preparation (Active time 10 minutes)

1. Wash and soak the split black gram for 2 hours.
2. Rinse the black gram.
3. Grind the well drained split black gram in the blender until the split black gram becomes a smooth, grainy paste. Add 1-2 tbsp of water at a time to the paste to make a thick batter that can be shaped. Keep the mixture aside.
4. Peel and chop the onion and ginger.
5. Trim the stems off the green chilies.
6. Mince the onion, ginger, and green chilies in the blender.
7. Wash and dry the coriander leaves.
8. Mix the ground split gram mixture with the finely chopped onion, ginger and green chilies. Add the curry leaves. Make golf-sized balls and flatten slightly between the palms of your hands.
9. Make a small hole in the middle of the mixture (donut-shape) with your thumb.
10. Whisk the yogurt in the bowl (1 hour before serving), and add salt to it.

Cooking (10 minutes)

1. Heat the oil in the wok over high heat.
2. Once the oil is hot, drop the donut-shaped patties into the hot oil.
3. Fry both sides to a golden brown. Remove with a spatula, draining off excess oil.
4. If the patties brown quickly, lower the heat, as they should cook well on the inside.
5. Drop the fried patties into the whisked yogurt an hour before serving.
6. (Some cooks drop the fried donuts into hot water for 2-3 minutes to soften them. The water is squeezed out of the patties before adding them to the whisked yogurt).

Nutrition Information

(per serving) %DV

Calories	462	23 %
Carbohydrates	38 gm	13 %
Protein	16 gm	32 %
Fat	29 gm	44 %
Cholesterol	4 mg	1 %
Sodium	642 mg	27 %
Fiber	13 gm	52 %
Calcium	148 mg	15 %
Iron	3 mg	17 %

7. Decorate with coriander leaves.

Serve: Cool.

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