

Uzhunnu Vada - Fried Donut-shaped Lentil Patties

FRIED DONUT-SHAPED LENTIL PATTIES are another favorite South Indian snack. It is served hot with a coconut and green chili chutney or SPLIT PIGEON PEAS WITH VEGETABLES (*sambar*). They are also served as appetizers.

Ingredients (To serve 4)

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

Utensils

- Medium pan
- Blender
- Small wok

Preparation (Active time 10 minutes)

1. Wash the split black gram.
2. Soak the split black gram in the medium pan for 2 hours.
3. Rinse the black gram.
4. Grind the drained split black gram in the blender until it becomes a smooth, grainy paste.
5. Add 1-2 tbsp of water at a time to the paste to make a mixture that can be shaped. Keep the mixture aside.
6. Peel and chop the onion and ginger.
7. Trim the stems off the green chilies.
8. Mince the onion, ginger, green chilies, and curry leaves in the blender.
9. Add the finely minced ingredients to the ground split gram mixture. Mix well.
10. Season with salt.
11. Make golf-size balls and flatten slightly between the palms of your hands. Make a small hole in the middle of the batter with your thumb.

Cooking (10 minutes)

1. Heat the oil in the wok over high heat.
2. Drop the donut-shaped patties into the hot oil and fry both sides to a golden brown. Remove the patties with a spatula, draining off excess oil.
3. If it browns quickly, lower the heat, as the patty should cook well on the inside.
4. Repeat. Makes about 12.

Serve: Hot.

Nutrition Information (per serving) %DV

Calories	423	21 %
Carbohydrates	34 gm	11 %
Protein	13 gm	26 %
Fat	28 gm	43 %
Cholesterol	0 mg	0 %
Sodium	599 mg	25 %
Fiber	13 gm	52 %
Calcium	36 mg	4 %
Iron	3 mg	17 %