

Indian Dosa with Pea Filling and Cauliflower in Hummus Tempura served with mint 'yogurth':

1. Dosa (indian crepe):

First soak in a bowl:

- 6 cups rice
- 2 cups black lentils, and cover with water

2. After soaking for at least three hours, strain, mix, and put into the food processor:

- 4 cups of the rice-lentil mixture
- 1 cup soy milk
- 1 cup water
- 0.5 cup gluten free flour
- 1 tablespoon of salt
- 1 teaspoon of pepper.
- Mix in the food processor for at least 3 minutes. The result shall be a crepe like consistency.

3. Make crepes (dosas) in a Teflon pan.

4. Pea Filling:

- Fry in a large pot:
- 1/4 cup of oil with
- 2 liters of white onion, fry for 5 minutes, and then add
- 2 serving spoons of smashed garlic
- 3 tablespoons of yellow curry paste
- 0.5 hot green pepper minced (with gloves) or 1 tablespoon of green curry paste
- 1 liter tofu cream
- Fry on low fire and mix until the tofu cream is incorporated and then add (still on low fire):
- 2 liters of peas
- 1 package (1 kilo) of spinach
- 4 tablespoons of garlic cream
- Mix, taste and add salt, black pepper and hot pepper if necessary.

5. Cauliflower in Tempura:

- For the tempura use and mix:
- 2 liters of hummus flour
- 3 tablespoons of minced garlic
- 1 tablespoon of salt
- 1 teaspoon of black pepper
- 1 teaspoon of hot pepper
- 1 tablespoon of turmeric
- About 1 liter of water, until you have a tempura like consistence (similar to a crepe like consistency).
- Add cauliflower cut small into the mixture, coat it, and put it into hot oil for frying for about 1.5 minutes.

6. Mint Yogurt:

- Mix in the food processor:
- 1 liter of mayones
- 0.5 cup of tofu cream
- 1/5 cup of lemon juice
- 30 mint leaves