

GLUTEN FREE DOSA PANCAKE MIX

Product Information

Description

A tasty versatile Gluten Free Dosa Pancake mix suitable for those with Coeliac Disease. Its really easy to use, just add water. Fill with a savoury filling or simply serve plain.

Certified by Coeliac UK product GB-163-022

Brand: Middletons

Description: Gluten Free Dosa Pancake Mix

Pack Size: 3kg

Storage: Store in a cool dry place away from strong odours and direct sunlight

Order Code: **U518**

(Internal Code: Y101 tub)



Shelf Life

Unopened - 18 months

Portion Yields

Gluten Free Dosa Pancake Mix	500g
Water	850-900ml
Batter Portions	18x75ml

Features and Benefits

- ✓ Easy to use just add water
- ✓ Suitable for those with Coeliac Disease
- ✓ Suitable for Vegetarians
- ✓ Suitable for Vegans

Nutritional Information

Nutritional Information	100g as sold	Per 75ml portion uncooked batter
Energy (kJ)	1488	414
Energy (kcal)	351	98
Fat (g)	1.3	0.4
of which Saturates (g)	0.4	0.1
Carbohydrate (g)	73	20
of which Sugars (g)	1.1	0.3
Protein (g)	11.9	3.3
Salt (g)	1.5	0.4

Approx 30 x 100g portions as sold per 3kg

Ingredients

Rice Flour, Ground Urad Dal, Salt, Ground Fenugreek, Citric Acid

Allergens

For allergy advice see ingredients in **“bold”** and UPPERCASE

Cooking Instructions

1. Add the Gluten Free Dosa Mix to a mixing bowl.
2. Whisk in the water to make a loose batter, then leave to stand for 10 minutes to thicken.
3. Heat a little oil in a non-stick pan over a medium heat and add $\frac{3}{4}$ ladle of batter to the centre of the pan, then using the base of the ladle swirl the batter around the pan to make a pancake, alternatively move the pan from side to side to get a thin layer.

(To check if the pan is hot enough sprinkle a few drops of water on the pan and it should sizzle and evaporate)

4. Cook over a medium-high heat until the mixture appears to dry out and bubbles begin to form, then sprinkle the Dosa with some oil on the top and edges.
5. Continue to cook until it becomes golden and crisp.
6. Add fillings and roll into a pancake, or fold and serve.

TIPS:

- *Make sure the pan is not too hot or the mixture will be difficult to spread*
- *For golden crispy Dosas use batter at room temperature*
- *Between Dosas, grease the pan with oil*