

Watermelon Rind Doddak by Preeti Gurung

Veg, Breakfast, Mild, Western Coastal Region



I was born in post-Independence India. Since my father was in the Army, I grew up in Cantonment Towns all over North India. Now, I live in the US with my daughter and two delightful grandchildren. I retired in early 2013, and am enjoying being a Soccer (grand)mom to my grandchildren. I volunteer in the Middle School/High School Marching Band Parents Association and in the Junior Girl Scouts. I have revitalized my green thumb. I make dishes from all over the world and enjoy reading. I am thoroughly enjoying my retirement after having worked for 40 years!

I come from a community known as *Bhanaps* (in Konkani) from the Chitrapur Math of Shirali, a town in the North Kanara District of Karnataka. Bhanaps are one of the six Saraswat Brahmins sects in south western India. We also call ourselves Amchi or Amchigele. We speak a version of Konkani which differs from the Goan Konkani.

We are an extremely small community with less than 30,000 Bhanaps worldwide. Our community is 100% literate, and very liberal in their views.

Our food is very distinctive. Coconut plays a major part in both our food and worship.

We use the rind of watermelons to make a thick pancake type Dosa called *Doddak*. They are delicious, served with freshly churned white butter, which we call *Loni*. This is definitely a breakfast food!

Serves 4

Ingredients

- 1.5 cups rice rava (coarsely ground rice) or medium fine semolina(called rava or suji)
- 1 tbsp beaten rice (poha)
- 0.25 cup grated fresh coconut
- 1 to 2 cups of grated watermelon rind (The watermelon can be replaced by ripe grated cucumber).
- 1 inch piece of fresh ginger
- 4 green chilies – more or less according to heat level
- Half of a small bunch of fresh coriander leaves (cilantro)
- 1 sprig of fresh or frozen curry leaves.
- Salt and Jaggery to taste.



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Method

Soak the rice rava for 2 to 4 hours; if using semolina there is no need to soak in water.

Crush the ginger and green chilies with salt till almost a coarse paste.

Finely chop the fresh coriander and the curry leaves.

Mix these with green chilli ginger paste.

In a bowl, mix together all the ingredients and mash it well, using your fingers. Adjust the seasoning and jaggery. Do not add water as the watermelon has enough water in it.

The dough should be thick.

Heat a griddle or tava till it is medium hot.

Take a ladle of dough and spread it on the griddle/tava till it is about 1/4 inch thick.

Spread oil all around the Doddak and then cover with a lid, for about 3 to 4 minutes on a low flame.

Flip the Doddak and let it cook on the other side for another 1 to 2 minutes or till it is brown.

Serve with butter and chutney, or Indian pickle.

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