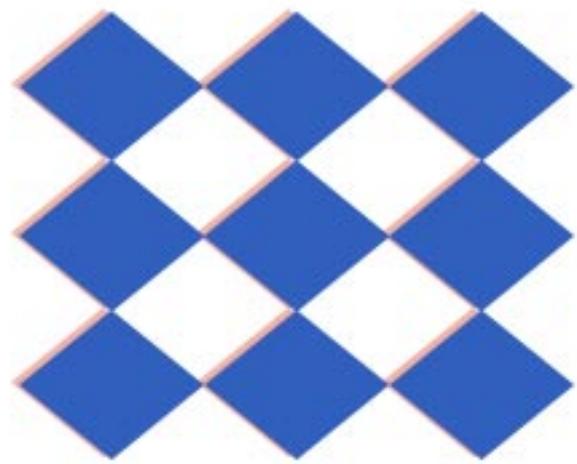


Idli Recipes





Idli Recipes

Idli

Ingredients

urad powder 1 cup
rice flour 1 cup
idli rava 1 cup
salt to taste
pinch of rapid rise yeast
water to mix

Method

Mix all the above ingredients without lumps to a thick pouring consistency. Let sit overnight.

Next morning use the batter in exactly the same way regular idli batter is used. If the batter is too thick add a little water to bring it a thick pouring consistency.

Grease the idli moulds and spoon the batter into them.

Heat water in the idli cooker. Steam cook for about 12-15 mins on high.

Take out from the fire and let cool for a while and then remove the idlis from the moulds.

Serve hot with chutney, sambar or both.

This makes about 12 idlis. It is a fantastic method as it involves no soaking and no grinding. The fermented batter may smell of yeast but once cooked there is no smell at all.

Note:

If you are using the pressure cooker, do not use the weight while making idlis.



Idli Recipes

Idli Upma

Ingredients

left over idlis - 5

onion (big) - 1

green chilli - 1

oil - 1 tsp

channa dhal - 1/2 tsp

urad dhal - 1/2 tsp

chilli powder - 1/4 tsp (if you have the dhal chilli powder normally used for idlis, that'll be preferable, that can be used upto 1 tsp)

Method

Break idlis into crumbs using hand.

If you're using the Dhal powder mix that with a tsp of oil with the idli crumbs

Chop onion and chilli into small pieces

Heat oil and add the dhals. Fry till they turn golden in color

Add onion and chilli and saute.

Add idli crumbs. If you're using ordinary chilli powder, add it now and mix gently for a few seconds.

Serve hot with chutney. It'll taste really great.



Idli Recipes

Idli Pakoda

Ingredients

left over idli batter - 1 cup (if left over batter is not available you can also use 1/4 cup idli rava and rice floor 1/4 cup.

besan -1/2 cup

coriander powder -1/2 teaspoon

chilli powder -1/2 teaspoon

salt - according to taste

onions (finely cut) - 2

green chillies (finely cut)-1

coriander leaves (finely cut)- 1/4 cup

fried cashew nuts (broken into small pieces)- 1 tablespoon

oil for frying

Method

In a bowl put all the ingredients except oil and mix thoroughly with little water till semi solid consistency.

In a kadhai heat oil to fry. Take some mixture in your palm and pat it with your fingers and put it in the medium hot oil till golden brown.

Similarly fry all the pakodas and serve hot with any Indian Chutney or Sauce.



Idli Recipes

Spicy Powder For Dosas/Idlis

Ingredients

1 cup urad dal.

3/4 cup channa dal (i.e. bengal gram dal.)

1/2 cup white yellow (gingelly seeds) (if not available black yellu (til) can be put)

2 cups red chillies

3 or 4 small pieces of asafoetida or 1/2 teaspoon asafoetida powder.

salt according to the amount and taste.

any cooking oil 1 tablespoon.

Method

In a plain kadai, add a drop of oil, and fry urad dal, channa dal, separately till golden colour and emanates good smell. Keep separately.

Pour some more drops of oil and fry asafoetida pieces and keep aside.

Pour few drops of oil and fry red chillies in low flame till crisp.

Dry roast in the kadai, the gingelly seeds or yellu (til) till you can hear the continuous spluttering sound.

Add either rock salt or powdered salt and little by little all the ingredients and dry powder it in a mixie/blender, not too fine but slightly coarse for a crunchy taste.

Store in a clean and dry container.

Before serving, add a few drops of oil to powder and spread it lavishly over the dosas or idlis.

Bet you'll love this delicacy.



Idli Recipes

Idli Fry

Ingredients

idlis -5

chilli powder-1 tsp

garam masala - 1/2 tsp

salt to taste

oil for deep frying.

Method

Cut the idlis into 4 equal parts and keep them aside.

Heat oil in a pan and deep fry the pieces, till it becomes golden brown.

Drain from oil. Sprinkle chilli powder, salt and the garam masala.

It can be served hot with Tomato Ketchup or stored in an air tight container for 2-3 days.

Bon Appetite!!!



Idli Recipes

Rice Idli

Ingredients

3 cups parboiled rice (washed and soaked overnight)

1 cup urad dal (washed and soaked overnight)

1/2 tsp. soda bicarb

salt to taste

Method

Having soaked both rice and dal separately, wash well with plenty of water.

Grind dal to a very fine paste.

Grind rice till fine grains are left (like very fine semolina).

Mix both rice and dal together after grinding.

Add soda bicarb and salt and beat well.

Add a little water if necessary.

The batter should be fairly thick.

Cover and keep aside for 7-8 hours, undisturbed.

To make idlies, do not beat the batter again.

Spoon batter onto an idli stand.

Heat water in idli cooker, and place stand in.

Steam for 5-7 minutes.

Insert a clean matchstick (back end) or a skewer.

The skewer should come out clean if the idlis are done.



Idli Recipes

Bread Idli

Ingredients

1 medium sized bread
1/2kg potatoes
1 tsp jeera powder
1 tsp dhania powder
1 tsp saunf powder
1 tsp red chilli powder
salt as per taste
1-cup tomato sauce
1 cup coriander chutney
1 cup little sour curd

Ingredients for seasoning:

3 tb sp refined oil
1/4tsp mustard seeds
1/4tsp jeera seeds
2 green chillies
1 tsp of freshly-cut coriander leaves

Method

Boil the potatoes, peel and smash them and keep aside. Add Dhania powder, jeera powder, saunf powder, red chilli powder salt as per taste and keep aside.

Heat 1 Tsp oil in a pan and add mustard seeds, jeera seeds, chopped green chillies little salt and freshly cut coriander leaves and keep aside.

Take a lid of a stainle steel container and cut the bread slice with that so that it is cut into a round shape. Apply tomato sauce to one side and potato mix to the other side.

Take another slice and apply any one of the chutney put the two slices together with the sauce - chutney side. Heat the tawa and brush it with oil.

Put the bread slice with the potato mixture on the tawa and apply curds on the top portion. Pour oil over the sides of the bread and cover with a lid and cook on a medium flame for 5-6 minutes or until the potato mixture is evenly roasted.

Remove from fire and serve hot. The skewer should come out clean if the idlis are done. Steam for 5-7 minutes.

Insert a clean matchstick (back end) or a skewer.

The skewer should come out clean if the idlis are done.



Idli Recipes

Pancharatna Idli

Ingredients

idly 70 pieces (small round plate)
1/2 tsp turmeric powder
1 tsp sambhar powder
1 tsp chilli powder
1 tsp dhania powder
masala powder little bit each
onion 1/2 big
tomato 1/2 medium
salt
for seasoning oil, mustard, urad dhal

Method

Steam the idlies as usual or if there is leftover idly, you can use that. Those who do not have the small kuzhi (circle) plate, can manage with normal idly plates. If it is normal plates, cut the idly into small pieces.

In a vanali, add oil and when it is hot, put mustard, urad dhal. When it is done, add onion and saute well.

Then, add tomato and fry well till the raw smell goes. Add idly pieces with all powders and salt and fry well till the idlies mix with all the other ingredients.



Idli Recipes

Sago Idli

Ingredients

2 cup sago (saboodana)
2 cup buttermilk (sour)
1 onion
4 green chillies.
2 tsp salt
1/2 tsp mustard seeds
1/2 tsp urad dhal
1/2 tsp channa dhal
a bunch of curry leaves
a bunch of coriander leaves
a dash of asafoetida(optional)
2 tbsp oil

Method

Soak the sago in the buttermilk for 5-6 hrs. (See to that the buttermilk is neither too thick nor too thin, but should be sour).

Chop the onions and green chillies and curry leaves.

Heat the pan and add oil. Add mustard, cumin seeds and channa dhal and urad dhal.

Add onions, chillies and curry leaves to it. Cook for 5 minutes and add this to the soaked sago. Also add chopped coriander leaves to it. Mix it well. The consistency should be like the same for rava idli.

Pour these in idli pans and cook them for 15-20 minutes.



Idli Recipes

Pumpkin Sweet Idli

Ingredients

grated pumpkin (red) - 2 cups
idli rava - 1 cup
jaggery or brown sugar - 3/4 cup
grated coconut - 2 tbsp
salt - 1 pinch
cardamom powder - 1/2 tsp
nutmeg powder - 1/4 tsp

Method

Mix all the above ingredients and keep for about 1 hour until the idli rava is soaked thoroughly.

Add a little water if the pumpkin is dry.

Bake in pressure cooker without the whistle for around 15-20 minutes.

Serve hot with fresh Ghee.



Idli Recipes

Rice Idli Batter

Ingredients

2 cups rice semolina

1 cup urad dal (soaked for 3 hours, then ground to a very fine thick paste and kept overnight).

Method

Soak semolina for 2 hours.

Wash well by draining top water 2-3 time till it is white.

Mix into the ground dal batter, beat till very light and fluffy, after adding salt.

Do not keep the batter too thin.

Proceed as for idlis in idli steamer.



Idli Recipes

Rava Idli With Sago

Ingredients

For Rava Idli:

2 1/2 cups medium semolina
2-3 stalks curry leaves finely chopped
1 tsp. mustard seeds
1 tsp. urad dal
1/2 tsp. channa dal
8-10 cashews broken into pieces
4 tbsp. oil
1 tsp. soda bicarb
2 tsp. salt
2-3 tbsp. coriander leaves finely chopped
1 tbsp. finely grated fresh coconut
2 cups fresh curds

For Sago:

2 large onions chopped medium
2 potatoes peeled, chopped and boiled
2-3 green chillies
2 tbsp. coriander leaves
1 tbsp. curry leaves finely chopped
1 tsp. sugar
1/2 tsp. turmeric powder
1 tsp. lemon juice
1 tbsp. fresh grated coconut
1/2 tsp. each ginger & garlic grated
1/2 tsp. each mustard & cumin seeds
1 tbsp. cashew bits

Method

For Idlis:

Heat 2 tps. oil in a small pan, add seeds, cashews and fry till light brown.

Remove from fire, keep aside.

Take semolina in a large plate or pan.

Make a well in the centre.

Pour remaining oil here, add all other ingredients, except coconut, curds and coriander.

Pour also seasoning of seeds and cashews.

Mix gently with hands till mixture is well blended.

The mixture should have enough oil to show on your fingers after mixing.

If too dry add some more. Keep aside till required



Idli Recipes

Idli Finger Fries

Ingredients

idlis,
vegetable oil (vanaspathi)

Method

Take leftover idlies, cut into thin slices.

Heat oil in a deep frying pan.

When the oil is really hot, drop few pieces at a time.

Keep turning them now and then

When it is turns into golden brown remove from oil and remove excess fat using paper napkin.

Serve it hot with coconut chutney or any sauce.



Idli Recipes

Sooji-Vermicelli Idli

Ingredients

1 cup rava
1 cup semiya (vermicelli)
2 cups of slightly sour curds.
1 inch ginger piece.
2 or 3 green chillies.
curry leaves to taste.
1/2 spoon mustard seeds
2 tablespoons of refined oil.
1/2 spoon urad dhal
a pinch of asafoetida
salt to taste

Method

Keep the kadai on the stove and pour the oil in it.

When heated, put in the mustard and allow to splutter.

Then put in the urad dhal and asafoetida and then put in the chopped green chillies and thin slices of ginger.

When it starts to become a light brown, now add the rava and the semiya and fry to a light brown colour.

Now bring it down from the stove, add the salt and mix thoroughly.

Next, churn the curds to a thick consistency and then pour it into the fried mass.

Immediately put it into the idli stand and steam for exactly 5 minutes. (without weight) your rava semiya is now ready to eat with green hot chutney as a side dish.



Idli Recipes

Instant Rava Idli

Ingredients

1 catori semolina (rava)
1 catori sour curds
1/4 tsp soda
4 green chillies,
1/4 inch ginger,
4 curry leaves (grind to a fine paste)
coriander leaves - 2 tsps (chopped finely)
1 flat tsp salt

Method

Dry roast the rava till it is slightly brown. Allow it to cool.

Heat one and a half teaspoons oil.

To it add Mustard seeds, hing, few curry leaves, half teaspoon urad dal and few pieces of cashewnuts broken into small pieces.

After the oil cools rub it with the rava properly.

Then add rest of the ingredients but soda should be added last.

Pre heat the cooker with water.

Then add the soda at the last moment i.e. a minute before putting it in the cooker which has been pre heated.

The consistency for the idlis should be of dropping consistency.

The quantity of curds should not be increased.

If you feel the batter is thick then add a little water to reach the desired consistency.

Put it in the idli mould and steam it for seven minutes



Idli Recipes

Wheat Rava Idli

Ingredients

wheat rava (broken wheat) 2 1/2 cups
oil or ghee 5 tbsp
sour curds or sour thick buttermilk 2 cups
you can also add carrots (grated),
coriander and curry leaves,
grated coconut. season with mustard,
urad dhal,
channa dhal,
cashewnuts.

Method

Mix roasted rava (dry roast the rava) with curds or buttermilk without lumps.
Heat oil, add seasonings and pour over the mixture.
Add salt, grated carrots, coriander and curry leaves & grated coconut.
Mix thoroughly, and pour in greased idli plates and steam for about 10 minutes.
Serve with chutney of your choice, or just plain. Tastes best when hot.



Idli Recipes

Tasty Idli Fry

Ingredients

5 to 6 left over idlis (should be a bit hard fresh idlis are hard)

salt

red chilli powder

oil

Method

Cut idlis into 2 halves horizontally.

Mix chilli powder and salt.

Heat tava and add little oil. Now take one half of idli and apply the mixture of salt and chilli powder on both sides.

In the same manner apply on all idli halves.

Place them on the tava add oil and fry till done on both sides. Tasty Idli fry ready.



Idli Recipes

Aval Idli

Ingredients

parboiled rice-1 cup

rice-1 cup

aval (poha, the thick variety)-1cup

blackgram dhal-1/4cup

salt-to taste

Method

Clean and soak the ingredients separately overnight.

Grind to make the batter similar to that of the regular idli batter.

Let it ferment for a whole day kept in a warm place.

Mix the batter thoroughly before pouring on to the idli plates.

Steam for 10 minutes and serve with Chutney.



Idli Recipes

Kancheepuram Idli

Ingredients

pepper : 2 tbsp powdered
jeera : 1 tbsp
asafoetida : 1/2 tsp
ginger : 1" grated
urad dhal : 2 tsp
bengal gram : 2 tsp
g.chillies : 8 (finely chopped)
oil : 100 grams

Method

Pour water into the idli vessel and let the water boil.

Place the plate without the idli cloth.

Take small steel cups and pour 1 tsp ghee or oil into it and pour the prepared idli batter into the cup.

Place the cups on the plate in the idli vessel. Steam the idli's for twenty minutes.



Idli Recipes

Khusboo Idli

Ingredients

idly rice-4 tea cups
sago [saboodana] -1 teacup
fenugreek -1 tsp
black gram dhal-2 tsp
baking soda-1/2 tsp
salt-2 tbsp

Tomato Chutney :

tomatoes [medium size]-3
onion [medium]-1
salt-1 1/2 tsps.
red chilly powder-2 tsps.
saunf-1/2 tsp.
oil- 2 tsps.

Seasoning :

mustard, urad dhal & curry leaves.

Method

Clean & soak rice, dhal, fenugreek separately and sago separately for 4 hours.

Grind all the ingredients into a fine paste and add salt and ferment for 12 hours in a warm place.

At the time of cooking, add in the baking soda and mix well.

Grease the idly moulds with oil, Pour the batter and steam for 8 to 10 minutes.

Serve hot with tomato chutney.



Idli Recipes

Idli Pizza

Ingredients

- 1 cup urad dal
- 2 cups rava
- 2 cups water
- 2 tomatoes
- 1 big green bell pepper (capsicum)
- 1 medium sized onion
- 1 cup grated mozzarella cheese
- salt to taste

Method

Soak the dal in water for at least 3 hours.

Grind the dal in mixer with water.

Add rava and salt to the dal and make consistency of the mixture as of idli.

Let the mixture rise overnight or at least 6 to 8 hours.

Steam the batter for 5 minutes in the pressure cooker container.

Top the half cooked batter with the cheese, sliced tomatoes, peppers, and onions.

Steam again for another 7 minutes.

Cut it into slices like pizza and serve it hot.



Idli Recipes

Dahi-idli

Ingredients

7-8 left over or fresh made idlis.

1/2 cup curd.

1/2 tsp mustard seeds.

coriander leaves.

2 tsp oil.

Method

Cut the Idlis into small pieces.

Fry till becomes brown on both sides.

Add curd to the fried idlis and mix well.

Season with mustard seeds and coriander leaves.



Idli Recipes

Methi Rice And Dahi Idli

Ingredients

2 cups basmati rice
4-5 bunches of fresh methi leaves (fenugreek leaves)
mustard seeds
3 tbsp of oil
pinch of hing
4-5 green chillies
salt
1.5 cups of peas
4-5 idlis (rice idlis)
1.5 cups yogurt
2 cups buttermilk
6-7 curry leaves
chilli powder
dahi wada powder
fresh coriander
salt
1 piece ginger
2-3 chillies

Method

Cook the basmati rice and leave it to cool. Wash the methi leaves and cut finely. Heat the oil in a kadai. Add mustard seeds, hing and green chillies. Add the methi leaves and peas and saute for 5 minutes. Cover with a lid and let cook for 8 minutes. Remove from heat, add the rice and salt and mix well. Makes a very tasty rice dish in just few minutes. Grind the chillies, ginger and curry leaves in the blender. Mix with yogurt and buttermilk. Add salt to taste. Cut the idlis into cubes and fry in oil until slightly brown. Dip the fried pieces for just 2 seconds in water and transfer to the yogurt-buttermilk mixture.

Let soak for 1 hour. Sprinkle lightly with chilli powder, dahi wada powder and garnish with coriander. Serve.



Idli Recipes

Spicy Idli Roast

Ingredients

idli 4 nos.

big onions : 1 no.

coriander powder : 1/2 teaspoon

sambar powder : 1 teaspoon

cumin (jeera) powder : 1/2 teaspoon

mustard : 1 teaspoon

curry leaves : little

coriander leaves : little

tamarind pulp : 1/4 teaspoon

salt to taste

oil & ghee or dalda : 1 table spoon

Method

Cut medium sized idli into square shaped pieces & keep aside.

Heat oil, fry mustard, saute chopped onions, then add sambar powder, coriander powder & curry leaves.

Stir well & add tamarind pulp & salt & simmer in low fire for few seconds till the mixture turns to a thick gravy.

Add jeera powder & idli pieces & stir very gently (otherwise idli pieces will break) for few seconds. Stop fire & pour little ghee or dalda.



Idli Recipes

Idli Itsy Bitesy

Ingredients

4 idlis quartered
3 teaspoon ghee
2 teaspoon idli podi

Method

Heat the kadai.

Pour the ghee in.

Put the idli podi and the idlis and stir them for about 2-3 mins.

Remove from fire.

Place them on a large plate around a small cup of coriander chutney or plain tomato ketchup.

Insert a tooth pick on each piece of Idli Itsy Bitesy.

Tips:

Idli podi is the dhal and chilli powder easily available in any store.

Idlis don't have to be made fresh for these you could use your leftovers or make them a day or two earlier and keep them refrigerated.



Idli Recipes

Jackfruit Sweet Idli

Ingredients

deseeded jackfruit 12 pieces
rawa 1 cup
coconut scrapings 1 cup
jaggery- 3/4 cup
ghee 2 tsp
cashewnut 10

Method

Grind the deseeded jackfruit, coconut scrapings and jaggery in mixer grinder and make it into a smooth pulp and remove it to a bowl.

Add the rawa to the pulp and make a smooth dough (water or milk need not be added as the pulp itself contains enough water for preparing the dough). If the dough becomes very thin add little more rawa to bring it to the required consistency.

Fry the cashewnuts in ghee and add it to the dough.

Grease the idli mould and spoon the dough in it. Now steam it as you steam the idli for five minutes. When it is ready, you get a good aroma of the jackfruit.

Let it cool for a minute and then remove it from the mould to the serving plate.

Spoon melted ghee on it while serving.



Idli Recipes

Yummy Idli And Chutney

Ingredients

long grain rice 3 cups
uncle ben's par boiled rice 1/2 (half) cup
urad daal 1 cup
salt to taste
fresh coconut (half a coconut)
green chillies - 3 or 4
dhalia (dried chana/ kadalai paruppu) 1 tbsp
oil - 1 tbsp
mustard - 1/2 (half) tsp
curry leaves - 5-6 leaves

Method

Soak both the rice in one container and the daal in another. Soak for 4 to 6 hours.

Grind the Urad Daal to a very fine paste.

Grind the rice separately and add to the Daal paste.

Add the salt and mix well and leave the batter in a warm place for about a day and half, till the batter rises.

Pour the dough in the idli makers (if no idli maker - you can pour the dough into a flat steel plate or bowl and steam it in a pressure cooker - no whistle please).

Steam for about 10 to 15 mins.

Serve yummy hot idlis.



Idli Recipes

Masala Corn Rawa Idli

Ingredients

1 cup rawa
3 tablespoon ghee
¼ cup cashewnuts, chopped
a few curry leaves
¼ teaspoon soda bicarb
salt to taste
2 tablespoon coriander leaves, chopped
½ cup grated coconut
1 cup curd, beaten
½ cup boiled corn
½ cup capsicum, chopped
oil

Method

Put the ghee and cashewnuts into a casserole and saute in a microwave on high for three minutes. add the green chilies and curry leaves and microwave high for one minute.

Add the rawa and mix well. saute on high for one minute. stand for five minutes.

Remove from the oven and allow the mixture to cool. mix in the soda bicarb and salt to taste. when you are ready to make idlies, add coriander leaves, coconut, curd and water. mix well and set aside for eight to ten minutes to soak.

Put two tablespoons of the mixture into a small greased glass bowl or a white plastic bowl. sprinkle corn and capsicum pieces. microwave high for one minute. stand for two minutes. invert the bowl on the plate to remove the idli.

One idli takes one minute to cook. if you put in more idlis, add that much more cooking time.



Idli Recipes

Dhal Idli

Ingredients

moong dhal 1 cup

urad dhal 1 cup

rice 2 table spoons (can be avoided on fasting days)

For Seasoning:

mustard

gram dhal

1 inch piece ginger cut into fine pieces

curry leaves

green chillies (optional)

jeera

hing

cashew nuts

Method

Soak for atleast half an hour to 45 minutes. Grind coarsely and leave to ferment for atleast 6 hrs. (It's enough if it's fermented lightly)

Season with all the above ingredients in little hot ghee. Add finely cut coriander leave and proceed as normal idli making.

For Chutney:

Grind equal quantities of tomato and coriander with green chilies. Season with mustard and hing. Pour the ground paste and allow it to boil till it is semi solid. This chutney goes well with the above idli

Variations:

To the batter you can add grated carrot, shelled peas, corn can also add frozen vegetables.



Idli Recipes

Fried Idly

Ingredients

fresh or left over idlis 4 or 5
oil for frying

Method

Take a idly and cut into two or four pieces.

Deep fry in the oil. Wait till it turns brown. Once it is done, let it cool.

Then put it inside the sambhar. Any sambhar is fine. It is another side dish for rice.

Don't disturb it for 10 or 15 mts. That is all.



Idli Recipes

Special Idly

Ingredients

idli rice (boiled)-5 cups
whole urad dhal - 1 cup
fenugreek seeds - 2 tsp
salt to taste

For Seasoning:

chopped green chillies
ginger
curry leaves
cashewnuts
3 tsp coconut grated
3 tsps soaked channa dhal
2 tsp hing (powder)
2 tsps black pepper corn

Method

Soak rice overnight separately.

Soak urad dhal and fenugreek in the morning for 3 hours.

Grind soaked rice separately to a coarse consistency (rava consistency).

Grind urad dhal to a fine paste till fluffy and soft.

Mix both the dough together along with required amount of salt. Keep it for 5-6 hours for fermentation.

Mix all the seasoning ingredients to the dough prepared. Pour this dough in the idli mould and steam it for 7 -8 minutes.

Serve with any chutney.



Idli Recipes

Idly Curry

Ingredients

onion chopped 1 cup
tomato chopped 1 cup
peanuts 1 tsp
peas 1/2 cup
mustard to season
chilly powder 1 tsp
salt to taste
oil 50 gm

Method

Make the idli crumbs with knife.

Pour 2 tbs of oil in a kadai and season the mustard.

Add the chopped onions and fry till it turn brown. Then add the idli crumbs, chilli powder, salt and some oil.

Add chopped tomatoes, peas and peanuts. Keep in the kadai and fry till all get cooked.



Idli Recipes

Saboodana Idly

Ingredients

idly rava 2 cups

saboodana 1 cup

thick curds 4 cups

onion 2 big

green chillies 15

soda bicarbonate 1/2 tsp

coriander leaves 1/2 bunch

Method

Soak the idly rava and saboodana in curds in the night itself.

Next morning before making the idly chop the onions, green chillies, coriander leaves and mix them to the mix soaked overnight.

Now add little water and little curds to make this mixture into an idly mixture.

Before cooking the idly's add the soda bicarbonate into the mixture.



Idli Recipes

Idly Koottu

Ingredients

idlies - 6
oil - to deep fry
oil - 2 tbsp
fennel (saunf) - 1 tsp
cloves - 2
cinnamon - 1 piece
green chili - 1, slit
curry leaves - few
onion - ½ cup, sliced
ginger - garlic paste - 1 tsp
chili powder - ½ tsp or to taste
turmeric powder - ½ tsp
coriander powder - 1 tsp
tomato - ½ cup, chopped
salt - to taste
coriander leaves - 1 tbsp, chopped

Method

Cut each idly into 6 pieces. Deep fry in hot oil till golden brown.
Heat 2 tbsp of oil and add fennel, cloves and cinnamon. Fry for few seconds.
Add green chili, curry leaves and onion. Fry till onion is light brown.
Add ginger garlic paste and all the powders. Fry for 1/2minute.
Add tomato and simmer till it is reduced to a pulp.
Add idly pieces and salt. Mix well and remove from fire Serve hot garnished with coriander leaves.



Idli Recipes

Grilled Idlis

Ingredients

- 10 steamed and cooled rice idlis (refer south indian dishes)
- 1 cup onion finely chopped
- 1/2 cup peanuts roasted and crushed coarsely
- 2 tbsp. malaga pudi powder (refer dry chutneys)
- salt to taste
- 1/2 cup cheese grated
- 1/4 tsp. mustard seeds
- 1/2 tsp. sesame seeds
- 1 tbsp. oil
- 2 tbsp. ghee or melted butter

Method

Slit idlis into halves horizontally, keeping tops and bottoms together. Heat a saucepan, add oil.

When hot, add mustard, sesame seeds . When they splutter, add onion, stir fry till light brown.

Add peanuts, malaga pudi, salt, stir. Brush idlis with fat all over. Place lower part on a tray.

Spread some prepared mixture on it. Place top half on it. Press lightly. Sprinkle some cheese over top.

Repeat for remaining idlis and mixture. Place on a rack under hot grill till cheese starts sizzling.

Serve hot with coconut chutney or curds.



Idli Recipes

Kaima Idli

Ingredients

For Seasoning:

mustard seeds
urad dhal
curry leaves

For Dipping :

maida - 4 or 5 tbsp
bread crumbs

For Grinding:

small onions- 3 or 4
tomatoes - 2 medium
garlic -3 or 4 flakes
ginger-small amount
dhania powder-2 tsp
chilli powder
salt

Method

Add little bit of chilli powder & salt to the maida & make it into a paste by adding water. Cut the idli's into small squares .

Dip them first in maida & then in bread crumbs. Deep fry them in oil till golden brown. Heat oil in a pan & add mustard seeds .

After it splitters add urad dhal & curry leaves. Add the ground paste & allow it to boil till the oil comes out from the paste.

Then add the fried idli pieces & mix it gently in low flame for about 5 to 10 minutes. Kaima Idli is ready to eat.

Garnish it with lemon & coriander leaves. This is a good recipe for left over idli's .



Idli Recipes

Quick Rava Idlis

Ingredients

rava 2 cups
sour curds 2 cup
water 1 cup
coriander leaves finely chopped 1/4th cup
carrot grated 1/4th cup
cabbage chopped finely 1/2 cup
peas 1/4 th cup
green chillies chopped 2-3
ginger 1/2 inch (1 cm)
coconut 1 tablespoon grated
oil 2 tablespoon
gram dal 1 tablespoon
mustard 1/2 teaspoon
urad dal 1/2 teaspoon
cooking soda 1/4 teaspoon
salt 1/2 - 3/4 th teaspoon or according to taste
hing powder a pinch.

Method

Chop cabbage, green chilli, ginger, and coriander leaves.

Grate the carrot.

Heat oil in a pan, add mustard, urad dal and hing-when mustard splutters, add the green chilli, ginger, gram dal, cabbage, carrot, carrot, and peas. Fry well, add the rava and roast till the rava is pinkish in colour. Let it cool.

Mix in the beaten curds, water, salt, soda, coconut and the coriander leaves. Let it be of dropping consistency. Pour into greased idli moulds and steam for 10-12 minutes.

Serve hot with Onion Chutney.



Idli Recipes

Stuffed Idlis

Ingredients

left over idli mix
potatoes
onions
cashews
green chillies
shelled peas
coriander leaves
hing powder

Method

Boil potatoes and peel them

Cut onions thin/small fry with chopped green chillies, cashews, curry leaves, turmeric powder and hing powder.

Add tomatoes, shelled peas and fry until done.

Add boiled, peeled, smashed potatoes and mix well with little bit of sugar for taste and salt.

Finally add finely chopped coriander leaves and remove from the fire.

Grease the idli stand and put a small spoon of idli batter.

Place one table spoon full of aloo mix in a flat spoon.

Pour a spoon full of idli batter on top of the aloo masala and cover the stuffing.

Allow it to steam as usual idlis.



Idli Recipes

Fluffy Idlis

Ingredients

white urad dal: 2 measures
ground rice or rice flour: 4 measures
yeast: 1/2 tsp.
cooked rice: 2 tbsp.

Method

Soak the urad dal in plenty of water for about an hour.

Grind it with the yeast and cooked rice till nice and frothy. I make the final volume of this ground dal 1 pint for every 2 oz of the dry dal.

Pour this into a basin and blend in the ground rice. Cover with cling film and leave to ferment overnight.

Pour the batter into idli moulds and steam for 15-20 minutes and you'll have hot fluffy idlis to be enjoyed with coconut chutney!

PS:

The same recipe can be adapted for making dosa batter.

You need to increase the amount of ground rice to 6 measures for every 2 measures of dry dal.



Idli Recipes

Chilled Curd Idlis

Ingredients

chilled curds 4 cups;
idlis 24;
carrots 1 cup;
oil 1 1/2 tablespoon;
coriander leaves 1 tablespoon;
mustard 1/4th teaspoon;
salt 1/2 teaspoon;
hing powder pinch;
chopped green chillies 4.

Method

Make idlis as usual way. Cool them. Beat curd adding a cup of water, add salt to it. If preferred 1/2 teaspoon of sugar.

Grate carrots and chop coriander leaves.

Heat 1/2 tabs oil, add mustard. When mustard splutters add hing, pour on to the curds. Keep half the curds mixture aside.

Soak the idlis in the other half of the curd mixture and keep in the fridge to chill well.

To serve: -

Fry chillies in the remaining oil. Place the soaked idlis in an attractive platter, cover them with the remaining curd mixture- scatter the fried chillies over them, and decorate with grated carrots and coriander leaves.



Idli Recipes

Semiya Idlis

Ingredients

2 cups semiya (can substitute angel hair pasta -- broken into one inch pieces.)

3/4 cup rava

2 tbsp ghee

curd - enough for batter (homemade curd is preferable. slightly fermented curd is even better.)

2 - 3 green chillies (add more if you want to)

oil for seasoning and to grease idli mould.

salt to taste.

asafoetida (hing) - a pinch.

seasoning - mustard seeds, one red chilly, urad dal, chana dal, curry leaves and some pieces of cashewnuts.

Method

Heat one tbsp ghee in a pan and roast the rava till it is pink and gives out a good aroma. Take off the heat. Transfer onto another plate.

Heat the other tbsp ghee and fry the semiya or small pieces of pasta till it turns pinkish-red. Careful that it does not burn. Take off the heat.

Mix the roasted rava and semiya / pasta in the curd. Add cut green chillies, asafoetida and salt. Add the seasoning, stir well and keep aside for a few minutes -- 10 to 15 minutes will do. If the batter becomes too thick, you can add some water or the whey from the curd.

Grease idli mould and pour the batter. Steam as you would rice idlis -- for about 15 minutes.

Serve hot with Coconut Chutney.