

## IDLY SPECIAL

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## SOFT IDLIES

## INGREDIENTS:

- Parboiled rice - 4 cups  
 Whole urad without skin - 1 cup  
 Sago - 2 tbsps  
 Salt - 1 tbsps



## METHOD:

1. Wash & soak the parboiled rice in water for four hours and wash & soak the sago with enough water.
2. Wash & soak urad for fifteen minutes before grinding.
3. Grind the rice into coarse rava consistency.
4. Grind the urad till frothy & smooth. Add the soaked sago along with the urad & grind.
5. Mix both the flours, add salt & let this flour ferment for eight hours.
6. Next day, you prepare & steam in idli moulds. You can get soft & tasty idlies, when you prepare like this.

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## FENUGREEK LEAVES IDLIES

## INGREDIENTS:

- Parboiled rice - 3 cups  
 Whole urad without skin - 1/2 cup  
 Fenugreek seeds - 1/2 cup  
 Salt - 1 tbsps



## METHOD:

1. Wash and soak all the ingredients together for six hours.
2. Grind and ferment the flour overnight.
3. Prepare idlies and can be served with the chutney of your choice.

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### VERMICELLI IDLIES

#### INGREDIENTS:

Vermicelli - 3 heaped cups (preferably thin roasted vermicelli)  
 Sooji - 1 cup  
 Thick curds - 1 litre  
 Salt - to taste  
 Green chillies - 3 to 4  
 Cooking soda - 2 pinches  
 Oil - 2 tbsps  
 Cashewnuts - 8 (whole)  
 Mustard seeds - 1 tsp



#### METHOD:

Take a pan, heat with oil, add mustard seeds, roast cashewnut pieces into golden color, then add the vermicelli (broken & measured), roast for a while in medium flame, and then add the add sooji & fry for some more minutes, add green chilly pieces & salt & soda. The mixture is ready. Keep aside.

Now take the curds. You have to mix with curds & steam the idlies. Divide into equal portions & mix the required quantity only at each time. The soaking time is five minutes. We can use bhansi sooji( little coarse) then we have to mix little earlier. These idlies can be well cherished with coconut chutney.

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### KANJEEVARAM IDLIES

#### Ingredients:

Rice rava - 2 cups  
 Urad flour - 1 cup (levelled measure)  
 Thick curds - 2 ½ cups  
 Pepper - 1 tsp  
 Jeera - 1½ tsp  
 Gingili oil - 2 tbsps  
 Ghee - 1 tbsp  
 Dry ginger powder - 1 tsp  
 LG asafetida - half a marble size  
 Salt - to taste  
 Curry leaves - a handful  
 Cooking soda - a pinch



#### Method

1. In the previous day afternoon, you take a vessel, pour the curds, add the rice rava, urad flour, jeera, whole pepper, hing, curry leaves & salt & mix well. You can add a little water to make the consistency like idli flour. Let the flour ferment for the night.
2. In the next day morning, add dry ginger powder, ghee, gingili oil & pinch of soda & mix well. As usual smear the idli moulds with little oil & prepare idlies until done. These idlies will be very delicious with coconut chutney or idli chilly powder.

#### Hints :

We have to soak the rice for half an hour, wash & dry on a cloth. When it is almost dry we can prepare rava & can store in a container. Urad (raw) flour is available in all stores. We can prepare these idlies very easily according to our requirement.

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### RAWA IDLIES



#### INGREDIENTS:

Fine rawa (krishna rawa) - 3 cups  
 Refined oil - 5 tbsps  
 Green chillies - 6 (chopped)  
 Ginger - one inch piece  
 Sour thick curds - ¾ litre  
 Finely cut onions- ¼ cup  
 Cut coriander leaves & curry leaves - 2 tbsps  
 Powdered salt - 1½ tsp  
 Cooking soda - ½ tsp  
 Grated carrots - 2tbsps

#### FOR SEASONING:

Mustard seeds - ½ tsp  
 Black gram dhall - ½ tsp  
 Bengal gram dhall - 1 tsp  
 Cashewnut bits - 1½ tbsps

#### METHOD:

1. Heat a kadai with 2tbsps refined oil, add seasonings and add onion pieces and fry till transparent & add crushed ginger & add grated carrots & fry for few minutes.
2. Add rawa to the kadai & fry until the rawa is roasted. Add salt & soda & cut coriander leaves, mix well & keep aside.
3. Mix the required quantity in sour curds with water needed. keep for five minutes. Grease the idly plates & steam idlies for ten minutes & serve with potato musala & coriande chutney.

**N.B:** If we use thick rawa, we have to increase the soaking time for few more minutes.

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### SAGO IDLIES

#### INGREDIENTS:

Rice rawa - 3 cups (prepared from washed & dried raw rice)  
 Fine sago - 1 cup  
 Thick sour curds - ½ litre  
 Rock salt - 1½ tb sps  
 Soaked bengalgram dhall - 2 tb sps  
 Grated fresh coconut - 2 tbsps  
 Cooking soda - ½ tsp  
 Finely cut curry leaves & coriander leaves - 2 tb sps  
 Refined oil - 3 tb sps  
 Mustard seeds - ½ tsp  
 Cashewnut pieces - 1 tb sp  
 Green chillies - 5 (cut into pieces)



#### METHOD:

1. Mix rice rawa, sago, salt & soaked bengal gram dhall with curds.
2. Allow to ferment next day.
3. Mix coriander, curry leaves, coconut & soda to this batter.
4. Heat refined oil & season with mustard & green chillies & fry cashewnuts till golden.
5. Pour over the batter and mix well.
6. Pour in greased idly plates and steam till cooked
7. Serve with coriander chutney or tomato chutney.

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**FENUGREEK LEAVES IDLIES****INGREDIENTS:**

Red chillies - 4 nos

Grated fresh coconut - ½ cup

Finely chopped fenugreek leaves - 1 bunch

Idly dough as necessary

**METHOD:**

1. We can grind four red chillies with half cup fresh coconut and add to the idly dough.
2. Mix washed & finely chopped fenugreek leaves & prepare idlies, which does not need any side dishes.

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