

# SOFT IDLI

## INGREDIENTS

2 cup Idli rice  
1/2 tablespoon  
fenugreek seeds  
1/2 cup urad dal  
salt as required  
water as required



## DIRECTIONS



4 servings



15 minutes

### Step 1 Soak the rice & dal and grind into a paste & combine

To prepare this popular South Indian recipe, wash rice and urad dal separately until the water runs clean and add fenugreek seeds to the rice. Soak it in water for 4-6 hours.. Drain all the water from the urad dal and grind it to a fine paste. Add water accordingly. Grind the rice to a coarse paste (add water as needed) and then mix both the pastes together in a large bowl, add salt to it and whisk them well. Make sure that the consistency is thick. (Normally I have making these process at evening)

### Step 2 Let the batter ferment

Now, the idli batter needs to be well-fermented. This step is very important to get soft and fluffy idlis. Keep the batter in a warm place to ferment. Once the batter has risen, It's ready to make idli and whisk to mix it well. (I have wait for fermented to the whole night and use batter at morning breakfast)

### Step 3 Transfer the idli batter in the idli stand

Grease the idli stand with oil and take a ladleful of batter and fill the idli mould. Add water in the idli steamer and let it boil. Put the idli stand inside and close the lid. Let the steam build for 8-10 minutes before switching off the gas.

### Step 4 Wait for the utensil to cool a bit before scooping the idlis out

If you are using a cooker, use it without a vent and steam it for 10 minutes and then switch the gas off. In both cases, wait till the steam is released before you take the idli stand out. Wait for another 5 minutes and then use a sharp knife to scoop the idlis out. Serve warm with coconut chutney and sambhar.

### Tips

1. If you have a stone mortar and pestle, grind your idli paste in it for a nice flavour.
2. Use urad dal harvested in the same year in the recipe for best taste. New urad would be white without any tints of yellow.
3. Do not use an iodised salt in this recipe as it would not let the batter ferment properly.
4. Do not whisk the whole fermented batter at a time without use. Keep the rest of batter in the fridge for 2-3 days.