



Barley Idli

Serving: 1

Veg

Ingredients

- -Rice - 2 tbsp
- -Barley (jau)- 2 tbsp
- -Urad dal (split black lentils) - 1 tbsp
- -Mixed vegetables (carrots, french beans, peas etc.) - $\frac{1}{4}$ th cup, finely chopped
- -Fenugreek (methi) seeds- 1 tsp
- -Salt - as per taste

Preparation Method

- -Wash and soak the rice, urad dal ,Barley and fenugreek seeds in lukewarm water for 1 hour.
- -Drain the rice, urad dal,barley and fenugreek seeds and grind along with the remaining barley in a mixer to a smooth paste.
- -Cover and keep aside for 1 to 2 hours to ferment.
- -Add the salt and mix gently. Apply a little oil on the idli moulds and put spoonful of the batter into them.
- 1 tbsp of vegetables over each idli and steam in a steamer for 15 minutes.
- -Un-mould the idlis when slightly cool and serve immediately.