

Siridhanya idli recipe | Millets idli | How to make navane idli



You can prepare any recipes using millets. But any dish prepared using millets will be little hard as compared to dishes prepared using rice. So I have added little beaten rice or poha in this recipe. Please remember to increase the quantity of beaten rice if the climate is cold or if you are using thin variety of beaten rice.

Preparation time: 14 - 15 hrs

Cooking time: 15 min

Serves: 16 - 20 idlis

Ingredients: (measuring cup used = 240ml)

1. 1 cup siridhanya or millets
2. 1/3 - 1/2 cup urad dal

3. 1/4 cup thick avalakki or beaten rice or poha
4. Salt as per your taste

Instructions for making siridhanya idli or millets idli:

1. Rinse well and soak urad dal for 4 - 5 hours. I have added 1/3 cup of urad dal. If the climate is cold then you can add up to 1/2 cup of urad dal.



2. Rinse and soak beaten rice for about 30 minutes. You can increase the beaten rice upto 1/2 cup if the climate is cold or if you are using thin beaten rice.



3. Rinse and soak siridhanya or millets for 4 - 5 hours. I have used foxtail millet or navane in this recipe.



4. Now in the first batch grind urad dal and beaten rice in a mixer grinder. Grind it until fine and fluffy by adding required water. Add the water little by little and try to use cold water. Once done pour it into a container.



5. In the second batch grind the soaked millets until coarse. Then transfer it into the same container.



6. Mix well and prepare the batter, having regular idli batter consistency. Close the lid and rest it for 7 - 8 hours for fermentation.



7. Next day morning you can see the batter has raised. Add in salt.



8. Grease the idli plates with oil or ghee and drop the batter to the idli moulds.



9. Steam it for 10 - 12 minutes. Place the idli plates only after the steam starts. Do not over cook the idlis. Wait for 5 minutes then take out the idlis.



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