

Idli Recipe (With Homemade Idli Batter)

Ingredients:

1. 1 cup regular rice + 1 cup parboiled rice (or 2 cups idli rice or 2 cups parboiled rice)
2. ½ cup whole or split urad dal (husked black gram) – 120 grams
3. ¼ cup thick poha (flattened rice) – 20 grams
4. ¼ teaspoon fenugreek seeds (methi seeds)
5. 2 cups water (for soaking rice)
6. 1 cup water (for soaking urad dal)
7. ½ cup water (for grinding urad dal, or as needed)
8. ¾ to 1 cup water (for grinding rice, or as needed)
9. 1 teaspoon rock salt (edible or sea salt)
10. Oil (for greasing the idli moulds)
11. 2 to 2.5 cups water (for steaming idli)

Instructions:

1. Pick and rinse both the regular rice and parboiled rice.
2. Rinse the poha and add it to the rice mixture.
3. Add water to the rice and poha. Mix well, cover, and soak for 4 to 5 hours.
4. In a separate bowl, rinse the urad dal and methi seeds a couple of times.
5. Soak the urad dal with methi seeds in water for 4 to 5 hours.
6. Drain the soaked urad dal, reserving the water.
7. Grind the urad dal and methi seeds with ¼ cup of the reserved water for a few seconds. Then add the remaining ¾ cup water and grind until smooth and fluffy.
8. Transfer the urad dal batter to a bowl and set aside.
9. Grind the rice in batches to form a smooth batter.
10. Mix both the rice and urad dal batters in a large bowl or pan. Add salt and mix well.
11. Cover and let the batter ferment for 8 to 9 hours, or longer if required.
12. After fermentation, the batter should double in size and become airy.
13. Grease or brush the idli moulds evenly with oil.
14. Pour the fermented batter into the moulds.
15. Steam the idlis in a pressure cooker or steamer. If using a pressure cooker, remove the vent weight (whistle).

16. Steam for 12 to 15 minutes or until the idlis are fully cooked.
17. Serve the steaming hot idlis with coconut chutney and sambar.
18. Store any remaining batter in the refrigerator for a couple of days.