**Rava Idli**

Prep time: 30 min Cook time: 20 min

**Ingredients:**

* 1 cup rava (sooji)
* ½ cup curd (yogurt)
* 2 tbsp oil (Sunflower or Rice bran)
* ½ tsp mustard seeds
* 1 tsp chana dal
* ½ tsp jeera seeds
* 8-10 curry leaves, chopped
* 1 pinch hing (asafoetida)
* 1 tsp ginger, finely chopped
* 1 green chili, finely chopped
* 2 tbsp carrots, finely grated
* 2 tbsp coriander leaves, chopped
* ½ tsp low sodium salt
* ½ cup water (adjust as needed)
* ¼ tsp baking soda

**Instructions:**

**Prepare the Tempering:**

1. Heat 2 tbsp oil in a pan over medium-low heat.
2. Add ½ tsp mustard seeds and let them splutter.
3. Add 1 tsp chana dal and stir until they turn golden.
4. Add ½ tsp jeera seeds and fry for a few seconds.
5. Then add 8-10 chopped curry leaves, 1 pinch hing, 1 tsp finely chopped ginger, and 1 finely chopped green chili.
6. Mix well and sauté for about 10 seconds.

**Roast the Rava:**

1. Add 1 cup rava to the pan. Mix well, stirring until the rava changes color slightly (about 2-3 minutes).
2. Once well roasted, remove the pan from heat and let the rava cool slightly.

**Prepare the Batter:**

1. To the roasted rava, add 2 tbsp finely grated carrots, 2 tbsp chopped coriander leaves, and ½ tsp salt.
2. Mix in ½ cup curd and enough water to achieve a medium consistency batter.
3. Cover the batter and let it rest for 20 minutes.

**Prepare the Steamer:**

1. Brush oil on the idli moulds.
2. In a large pot, heat 2 to 2.5 cups of water until it boils. Place a small trivet stand or a rack in the pot.

**Add Baking Soda and Steam:**

1. Sprinkle ¼ tsp baking soda evenly over the batter and mix quickly.
2. Pour the batter into the idli moulds.
3. Place the moulds in the pot with hot water, cover with a lid, and steam for 10 to 12 minutes on medium heat.

**Cool and Serve:**

1. Carefully remove the idli plates and let them rest for 3 to 4 minutes.
2. Use a spoon to gently remove the rava idlis from the moulds.
3. Serve hot with sambar and coconut chutney.