**Rice Idli**

Prep time: 14 hours Cook time: 20 min

**Ingredients:**

* 2 cups parboiled rice
* 4 tbsp split urad dal
* 1 tbsp poha (flattened rice)
* ¼ tsp methi (fenugreek) seeds
* 2 cups water (for soaking)
* ½ tsp low sodium salt
* 1 tbsp oil (for greasing the mould)

**Instructions:**

**Soak Rice and Poha:**

1. Rinse 2 cups parboiled rice and 1 tbsp poha together.
2. Add 2 cups water, mix well, and cover. Let it soak for 4 to 5 hours.

**Soak Urad Dal and Methi Seeds:**

1. In a separate bowl, rinse 4 tbsp split urad dal and ¼ tsp methi seeds a couple of times.
2. Soak them separately in water for 4 to 5 hours. Drain and reserve the soaking water.

**Prepare Urad Dal Batter:**

1. Grind the soaked urad dal and methi seeds together with ¼ cup of the reserved soaking water.
2. Add more water if necessary, and grind until you get a smooth and fluffy batter.

**Prepare Rice Batter:**

1. Grind the soaked rice in batches, adding water as needed to make a smooth batter.

**Combine & Ferment:**

1. In a large bowl or pan, mix both the urad dal batter and the rice batter together. Add ½ tsp salt and mix well.
2. Cover the batter and let it ferment for 8 to 9 hours in a warm place. The batter will double in size and become airy.

**Prepare & Steam:**

1. Grease the idli moulds evenly with 1 tbsp oil.
2. Pour the fermented batter into the moulds. Steam in a steamer for 12 to 15 minutes, or until a toothpick inserted comes out clean.
3. Remove the idlis carefully from the moulds and serve hot with coconut chutney and sambar.