IDIYAPPAM / SEVAI/ STRING HOPPERS- BREAKFAST RECIPE - Step by step procedure



Idiyappam is a culinary speciality from Tamilnadu, Kerala, coastal areas of Karnataka and SriLanka. It is made of rice, salt, oil and water. It is generally served as the main course for dinner or breakfast along with sweetened coconut milk, vegetable korma or curry. I love to eat with sweetened cardomom flavored coconut milk. I make idiyappam for sunday breakfast, if I don't have dosa batter at home. Idiyappam is a steamed food and a healthy dish with less oil.

Ingredients

2 Cups of Idiyappam Flour or Raw Rice Flour
2 Tsp of Vegetable Oil or Ghee
Water as needed (1and 1/2 to 2 Cups)
Salt to taste

Method

- Boil water in a kettle.
- Take rice flour in a wide bowl. Add salt and oil to the rice flour. Mix well.



- Add hot water (80 degree C) to flour, mix well with a fork or wooden spatula. Let it cool for 5 mins, then knead well with your hand. If you feel your dough is dry, you can add some more oil and water and knead it again.



- **Make your dough non-sticky and it should be smooth. Keep it covered for 10 mins.**



- **Now it’s time to take idiyappam press, grease well with oil on inside.Take dough in cylindrical form and place it in idiyappam press.**
- **Hand press the dough into swirls onto the greased idly plates. Steam this for 5-7 mins.**



- **After a min, take it out from the idly plate, transfer this to a casserole. Repeat the process for the rest of the dough.**
- **Serve hot with sweetened coconut milk or vegetable *korma* or curry.**



Tips

- Always grease idly plates and inner part of the idiyappam press with oil.
- Don’t steam the idiyappam for a long time, as it makes idiyappam rubbery.
- You can make variety of dishes like puli idiyappam or lemon idiyappam or coconut idiyappam.

Health Benefits of Steamed Idiyappam

- Eating steamed food helps the body to keep fit and healthy.
- Steamed Idiyappam are advised for sick and older people, as it doesn’t give strain to the stomach.

- **Steamed Foods are easily digestible.**

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your valuable comments and feedback for this post. Thanks Gayathri.