

**Samai Idli Recipe / Little
Millet Idli / Millet Idly**

Samai Idly



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Today recipe is samai idli recipe. Idli is one of my favourite breakfast dish. Idly is a classic south Indian food made with rice or millet, urad dal and fenugreek. They are great source

of carbohydrates and protein. Fermentation process increases protein bioavailability. As it was steamed, they are healthy and they are easily digestible. When I visited India, my mother in law gave me few bags of millets, so I wanted to try some new recipes with millet. So coming to the recipe, samai Idli / little millet idli / chama idli, this recipe has been in my try to do list.. Millets like kuthiravalli, varagu, thinai can be replaced in place of rice. So the method of making samai idli is same as normal idli recipe. Also you can use the same batter to make samai dosa. Serve this samai idli with [sambar](#) or [chutney](#). So here comes the samai idli recipe.

Other Millet Recipes

1. [Samai Sambar Rice](#)
2. [Samai venpongal](#)
3. [How to cook Varagu Rice](#)
4. [Thinai Dosa \(Quinoa Dosa\)](#)

Ingredients for Samai Idli Recipe

- 1 Cup of Samai (Little Millet)
 - 1 Cup of Idly Rice
 - 1/2 Cup of Urad Dal
 - 1/2 Tsp of Fenugreek
 - Salt to taste

Method for Samai Idli Recipe

- Soak the samai, idly rice together and soak urad dal and fenugreek separately for overnight.
- Next day, wash the urad dal and fenugreek and grind it in a grinder with required water until the batter turns fluffy and soft.
 - Wash the samai and idly rice, grind it in a grinder with required water until the batter turns little coarse not too smooth.
 - Transfer both the batter to the bowl, add salt, mix the batter well with hand. Ferment it for overnight.
- Next day, mix the batter with laddle, then grease the idly plate with oil, pour the idly batter and steam it for 12 mins. Remove it from idly plate.
- Serve the samai idly with your favourite chutney. I had it with carrot chutney.

Tips

- Millets may contain stones. so clean the stones before you use.
 - You can use same batter to make dosa.
 - You can grind it in mixie too.
- If you don't want to add idly rice, add 2 cups of samai and 1/2 cup of urad dal and 1/2 tsp of fenugreek.
- Don't add too much of water while grinding the idly batter. If your batter is thin, your idly will turn flat. If your batter is thick, then your idly will turn hard.
- Don't cook idly for more than 12 mins, then your idly will be hard.
- Take out the batter from fridge 30 mins before you cook idly.



Tags: [samai idli](#), [samai idli recipe](#), [little millet idli](#), [chamma idli](#), [make samai idly](#), [make millet idly recipe](#), [millet recipe in tamil](#), [millet dosa recipe](#), [samai recipe ideas](#), [idly](#)

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Vendhaya Kali Recipe /
Fenugreek Kali

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Vendhaya Kali

Fenugreek or vendhayam in tamil is a wonderful herb helps to cure all female health problems and diabetes. Vendhaya Kali Recipe / Fenugreek Kali is a healthy and traditional south

Indian breakfast recipe. My mom makes this for me once in a month as they are more nutritious and it cools the body. This vendhaya kali is very good for women of all ages. To make vendhaya kali, you need fenugreek, rice, palm jaggery and oil.

I love all kinds of kali recipes as they are very tasty and good for health. I already posted [ulundhu kali / urad dal kali](#). Try this vendhaya kali / menthula sankati at home for breakfast. Eat healthy and stay good.

Also check my other fenugreek recipes

1. [Vendhaya idly](#)
2. [Vendhayam Kuzhambu](#)

Ingredients for Vendhaya Kali Recipe

Preparation Time : 10 mins + overnight Cooking Time : 20 mins Serves : 3

- 1 Cup of Fenugreek (Vendhayam)
- 1/4 Cup of Rice (Boiled or Raw)
- 1/2 Cup of Karupatti (Palm Jaggery) or to taste
 - 1/4 Cup of Gingelly Oil
 - Water as needed
 - Salt to taste

Method for Vendhaya Kali Recipe

- Soak both the fenugreek and rice together in a bowl for 6 hrs or overnight.
- Heat a pan, add palm jaggery and 1/2 cup of water, bring it to boil until it dissolves completely. Turn off the stove and filter it to remove impurities.
- In a mixie, add soaked fenugreek, rice and water, grind it to a smooth paste. Keep it aside.
 - Heat the same pan, add ground rice – fenugreek mixture and palm jaggery syrup, stir well in a medium flame, add salt and keep on stirring until it turns thick and soft.
- Add oil and keep on stirring so that it should not stick to the bottom of the pan.
 - To check if it is done, transfer a spoonful of kali to a plate, dip your hands in water and touch the kali, it should not stick to your hand. If it sticks, it is not done.
 - Serve hot and enjoy.

Tips

- Use thick bottomed pan and wooden laddle while making kali.
- Use gingelly oil for nice taste. You can also use ghee if you want.
 - Replace palm jaggery with regular jaggery.
- You can also serve kali by pouring palm jaggery syrup on top. To do that, do not mix jaggery syrup with ground rice fenugreek mixture while stirring. Do it separately, then pour syrup while serving.

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Vendhaya Kali

Tags: [kali recipe](#), [fenugreek kali](#), [vendhaya kali](#), [vendhaya kali recipe](#), [traditional south indian food](#), [Indian healthy breakfast](#). [menthulu sankati](#), [to make vendhaya kali recipe](#),

prepare vendhaya kali.

Mushroom Idly Fry / Leftover Idly Recipe



Leftover Idly Fry With Mushroom

Mushroom Idly Fry is simple and quick to make south Indian breakfast dish with leftover idly. To enhance nutrition of this dish, I added some mushroom and green onion. You can also

give this leftover idly fry as snacks for kids or adults. This is my amma (mom's) recipe. Me and my brother love this idly upma for evening snack. So try this leftover idly recipe with mushroom at home and let me know how it turned out.

How to make Leftover Idly Recipe With Mushroom

Ingredients for Mushroom Idly Fry

Preparation Time : 5 mins Cooking Time : 10 mins Serves : 1

- 3 Idly, Big
- 1 Red Onion, Chopped
- 2 Tomatoes, Chopped
- 3 Mushroom, Sliced
- 2 Tsp of Sambhar Powder
 - Salt to taste
 - 1 Tsp of Ghee
- 1 Green Onion, Chopped

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
 - 1 Tsp of Urad Dal
 - Few Curry Leaves

Method for Mushroom Idly Fry

- Using knife, cut the idly into cube shapes.
- Heat pan with ghee, fry the idly for a min and keep it aside.
- Heat a pan with oil, add mustard seeds, urad dal and curry leaves, after it splutters, add onion and salt, fry well until it turns golden brown. Add mushroom, fry for few secs.
 - Add sambhar powder, fry for few secs.
 - Add tomatoes, fry well until it turns mushy.
- Add water, boil it for few secs, add fried idly, mix well with masala. Finally garnish with green onion.
- Delicious idly fry are ready to serve.

Tips

- If you dont have sambhar powder, use 2 tsp of coriander powder, 1 Tsp of red chilly powder and 1/2 tsp of turmeric powder.
- If you wish, you can deep fry the idly in oil or ghee instead of shallow frying.
 - Add any vegetables of your choice.

Mushroom Idly Fry



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Tags: [idly upma](#), [idly fry recipe](#), [mushroom idly fry](#), [leftover idly recipe with mushroom](#), [mushroom recipes](#), [idly recipes](#), [upma recipe](#), [south indian food](#), [south indian breakfast recipe](#), [easy upma recipe](#).