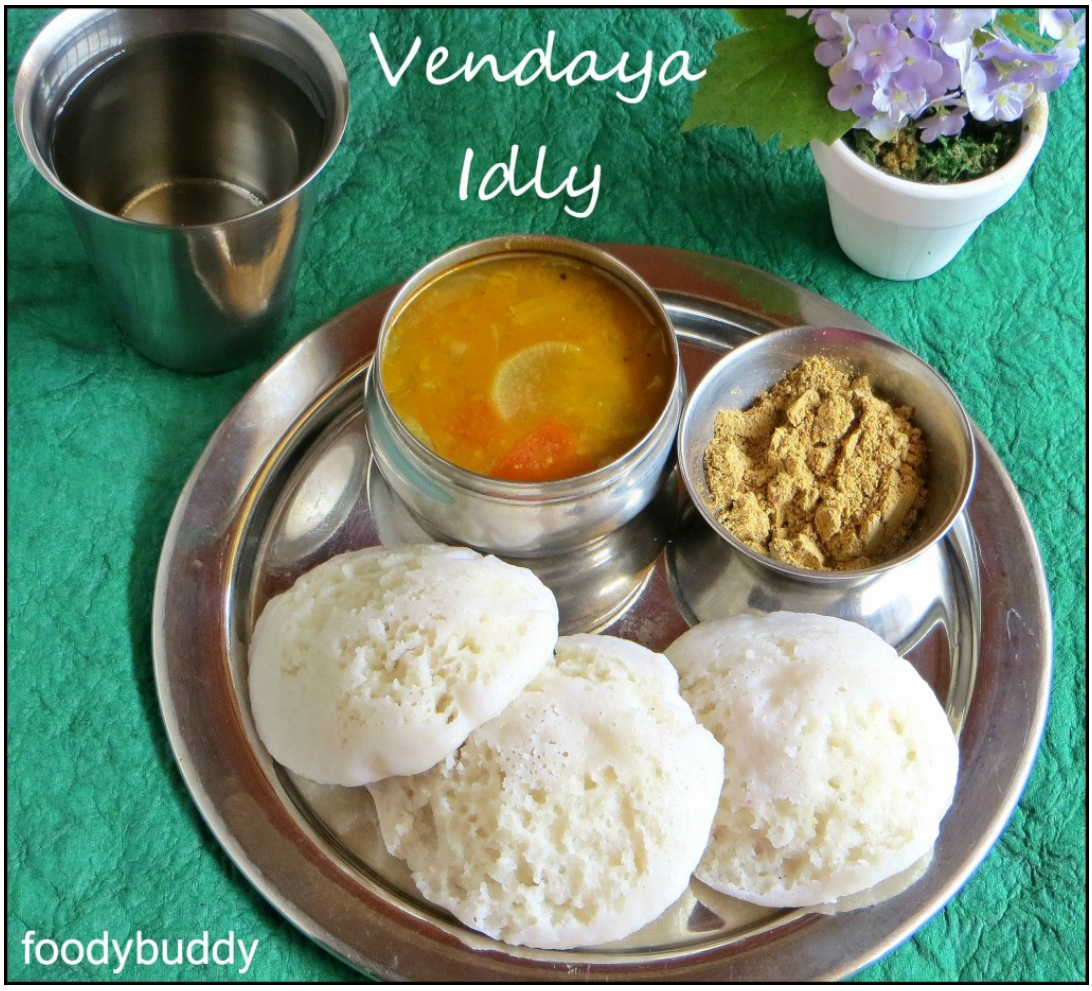
Vendhaya Idli / Fenugreek Idli Recipe

Vendhaya Idli Recipe / Fenugreek idli / Methi idly recipe is simple and easy to make south Indian breakfast dish. Some people might think that adding fenugreek would make idly tastes bitter…but that is not true, it makes the idly soft and tasty, you don't taste the bitterness. I got this recipe from my amma and this idly recipe is without urad dal, also diabetic friendly idly dish. Those who are allergic to dal, can have this vendhaya idli for breakfast or dinner. Best accompaniment for this vendayam idly are sambar, tomato chutney or idly podi. Making vendhaya idli once in a week, keeps our body cool, healthy and fresh.



- Preparation Time : 10 hrs
- Cooking Time : 10 Mins
- Serves : 4 people

Ingredients

- 3 Cups of Idly Rice
- 3 Tsp of Fenugreek
- Salt as required

- Soak the fenugreek in water for 4 hrs. Soak the idly rice in water for 2 hrs.
- In grinder, first grind the fenugreek and add water little by little. Grind the fenugreek until you get soft and fluffy batter. Make sure the fenugreek batter looks similar to urad dal batter. Remove and transfer it to a bowl.
- Grind the rice separately and transfer the batter to the same bowl. Mix both the batter with hand along with salt. Let it ferment for overnight.
- The next day, mix the batter with laddle before making idly. Pour the batter in idly plate and steam it for 10 mins. you can wet the hand and dip the index finger to check if it is cooked. If it is sticky, steam it for another 2 mins.
- Hot, soft fenugreek idly is ready to serve with coconut chutney or onion tomato chutney or peanut chutney.

Tips

- Always soak fenugreek and rice separately because the bitterness which gets imparted with rice makes idly bitter.
- Use your hand for mixing for better fermentation.
- For best result of batter, use wet grinder rather than mixie.

Health Benefits of Fenugreek

- 26.2 gram of protein in 100 grams of fenugreek.
- Cure arthritis, skin problems and improve digestion.
- Treat diabetes and lowers blood sugar level.
- Ease child birth for pregnant women.
- Aid milk production in lactating women.



Soft Methi Idly

Technorati tags : vendaya idli, vendhayam idli recipe,

fenugreek idly, methi idli, south Indian breakfast recipe, south Indian idli, soft idli recipe, idli without urad dal, idly recipe

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KANCHIPURAM IDLY / KUDALAI IDLY – SOUTH INDIAN BREAKFAST RECIPE



Kanchipuram Idly / Kanjeevaram Idly / Kanchi Idly is a nice variation to regular rice idly (steamed rice cakes). The name originated from the place called Kanchipuram in Tamilnadu, famous for temples and pattu (Hand woven silk) sarees. This idly is mildly spiced and steamed. Addition of spices and ghee gives a nice aroma and taste to the idly. But these idlies are traditionally steamed in dhonnai (dried leaf cups), hence they are also called kudalai idly, which adds an extraordinary fragrance and taste to the idly. Since I didn't get dhonai in my place, I used idly cooker to steam this Kancheepuram idly. So start your day with this protein rich

healthy breakfast. It goes well with peanut chutney or mint coconut chutney or idly podi.

Makes : 20 Idlies

Ingredients

2 Cups of Idly Rice / Raw Rice
1 Cup of Urad Dal
3 Tbsp of Bengal Gram / Chenna Dal
1/2 Cup of Thick Yogurt (Curd)
1.5 Tsp of Whole Cumin
1.5 Tsp of Whole Pepper
1 Green Chilly, Finely Chopped
1 Tsp of Grated Ginger
Handful of Curry Leaves
2 Tbsp of Ghee (Melted Butter) / Oil
Salt to Taste

Method

- Soak the rice and dal in water separately for 3-4 hrs.
- In a blender (mixie) or grinder, wash the urad dal and grind it to a fine batter, remove it and transfer this to a bowl.
- In the same blender, grind the idly rice to a coarse consistency like rava texture. Finally add the urad dal batter to ground rice and grind it for another 5 mins. Transfer this batter to a bowl, add salt and mix well. Your batter should be thick, not watery. Let it ferment for 12 hrs. As I am in US, It took 20 hrs to ferment.
- Soak bengal gram in water for 30-40 mins, drain the water and add it to the batter. Add beaten curds, whole cumin, green chilly, whole pepper, grated ginger, ghee, and salt, mix well.
- Grease the idly plates or tumbler with oil, pour the

batter to the idly plates and steam it for 20 mins. Once it done, turn off the heat and remove the idly plate, let it sit in counter top for 5 mts. Remove the idlis carefully with a spatula and serve hot with peanut chutney or Mint Coconut Chutney.



Tips

- The batter should be coarse like rava (sooji) and thick.
- Adjust the spiciness according to your taste.
- You can make idly with idly plates or tumbler or small cups or big stainless bowl or dhonnai, make sure you

greased well with oil before pouring the batter.

- Here I used tumblers to make idly, just pour the batter into the tumbler and keep it in a idly plate, but you can place only one plate in a idly cooker.



- If your are using big stainless bowl with batter, use pressure cooker, in that case don’t use weight, just cover it with lid. Finally slice it like cake and have it.



- Use fresh curd to make this idly.
- You can also saute the spices in oil, before adding them to batter.

Health Benefits of Rice, Urad Dal And Bengal Gram

- Lentils are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol
  A dish of rice with dal gives you carbohydrates,

protein, fiber and fats for a healthy, balanced meal. The rice provides carbohydrates for quick-release energy & aids in digestion.

- Urad dal is rich in protein and good for heart.



Idly Chaat | Chaat With Leftover Idly | Indian Tea Time Snack



Idly is a soft rice cake and a popular south Indian comforting breakfast dish. Chaat means savory snack. If you get bored of doing idly upma and podi idly with leftovers, then you should give a try with idly chaat. This idly chaat recipe is made with leftover idly. Seriously, they are so tasty, golden crispy on outside and soft bite on inside. I bet your kids will love this chat for sure. If you have leftover idly sitting on your fridge, then try this crispy idly

chat..yum..yum.. and enjoy with hot cup of tea..



Ingredients

2 Big Idly
2 Tbsp of Red Onion, Finely Chopped
2 Tbsp of Tomato, Finely Chopped
1 Tbsp of Carrot, Finely Chopped
2 Tbsp of Omapodi (Sev)
1/2 Tsp of Lemon Juice
1/2 Tsp of Black Pepper or to taste
Black Salt to taste
Tomato Ketchup (optional), before serving
1 Tbsp of Oil
2 Tsp of Butter or Ghee

Method

- Dice the leftover idlies.
- Heat oil and ghee in a non stick pan, swirl the pan so that it coats all the surface of the pan. In a medium heat, place diced idlies to the pan, wait until it turns

golden brown. Flip the idly to the other side with spoon and wait till it turns golden brown on other side. Turn off the flame and transfer it to the serving bowl.

- Now sprinkle some chopped onion, tomato, carrot, black pepper and black salt. After that, add lemon juice and coriander leaves, gently give a quick stir. Add tomato ketchup before serving.
- Hot golden crispy idly chaat is ready to serve…Enjoy with hot cup of tea :-):-)



Tips

- Always use leftover idly instead of fresh idly because they turn soggy.
- You can deep fry the idly instead of shallow frying.
- If you have leftover idly in fridge, then leave it outside for 1hr and then do the chat.

- You can grate the carrots instead of cutting them.
- Add tomato ketchup at the end, because it makes idly soggy and you cannot feel the crispy texture of idly.
- You can add kara boondhi instead of sev (Oma podi).
- You can use red chilly powder for spicy taste.



sending recipe to Priyavirundhu and gayathricookspot