

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](#)

[Vadu Mango Pickle Recipe / Maa Vadu Pickle](#)

*Vadu maangai Oorugai / Vadu mango pickle recipe is a popular south Indian pickle prepared from mavadu (Tiny Baby Mangoes). My mom used to buy tender raw mangoes in bulk and make this special pickle during summer, but this time I tried this authentic maa vadu pickle and it successfully came out so good. This pickle will stay good for months without refrigeration. You can use gingelly oil or castor oil to make this vadu mango pickle. Vadumangai oorugai tastes great with curd rice and moor sadham. Try this no cook south Indian **BABY MANGO PICKLE** at home and enjoy ...*



Ingredients

- 1/2 Kg of Raw Tiny Mangoes
- 2 Tsp of Mustard Seeds
- 2 Tsp of Fenugreek
- 25 Red Chillies
- 1/4 Tsp of Asafoetida
- 1 Small Virali Manjal (Turmeric) or 1/2 Tsp of Turmeric Powder
- 4 Tbsp of Gingelly Oil or Castor Oil
- salt to taste

Method for Maavadu Pickle

- Wash and pat dry the mangoes in a kitchen towel, let

them dry in shade for 2 hrs.

- In a big glass bottle, transfer the mangoes and pour oil and mix well so that oil coats all the mangoes.
- In the mean time, dry roast the mustard, fenugreek and red chillies until fenugreek changes color and mustard cracks. Cool down and grind them along with turmeric, salt and asafoetida.
- Add 5 Tbsp of water and grind it to a smooth paste. Transfer this to bottle and mix well with clean, dry spoon.
- Keep this covered and leave it in kitchen shelf for 10 days.
- Shake the jar couple of times every day. After few days, the mangoes will shrink in size and water quantity increases because of salt.
- Serve this flavorful pickle with sambar sadham (Sambar Rice) or thayir sadham (Curd Rice).

Tips

- Always use dry clean spoon. DO not use your hand to take pickle.
- Store it in glass bottle or ceramic jar.
- Use castor oil or gingelly oil to make this pickle.
- You can use rock salt or table salt as rock salt gives you nice taste than table salt.

Health Benefits of Raw Mangoes

- It keeps blood pressure under control.
- Good for indigestion and constipation.
- It has anticancer properties.
- Home remedy for morning sickness in pregnancy.



Spicy Maavadu With Creamy Curd Rice

[Adai Recipe|Murungai keerai](#) [Adai|Drumstick Leaves Adai](#)

Adai Recipe or Drumstick leaves adai or murugakeerai adai dosa is a south Indian crepe made with dal, rice and spices. It is extremely easy to make healthy adai recipe for breakfast or dinner. This is my mom's version, in this adai dosa recipe, I have added murugakeerai (drumstick) leaves to the batter, to make it more nutritious and tasty as they are rich in iron, calcium and vitamin. Here the batter should be thick and coarse and this dosa does not need any fermentation. If you are looking for filling, delicious

and healthy breakfast or dinner, then this adai is answer for you. Main accompaniment is adai – avial recipe is, it goes well with coconut chutney and podi.



Ingredients For Adai Recipe

To Soak and Grind

- 1/2 Cup of Toor Dal
- 1/2 Cup of Channa Dal (Bengal Gram)
- 1 Cup of Idly Rice
- 7-10 Red Chiles
- 5 Garlic Cloves
- Salt to taste

Other Ingredients to be added to the batter

- 1 Tsp of Fennel Seeds (Sombhu)

- 1 Tsp of Cumin
- Handful of Small Onion, Finely Chopped
- Handful of Curry Leaves, Finely Chopped
- Handful of Coriander Leaves, Finely Chopped
- Pinch of Hing (Asafoetida)
- 1/4 Tsp of Turmeric Powder
- 1/4 Cup of Grated Coconut

Method for Adai Recipe

- Soak both the dals, rice and red chillies in a water for 4 hrs or overnight.
- Wash dals and rice and in a mixie, add dals, rice, red chillies, garlic, salt and water. Grind it coarsely. Transfer this mixture to a bowl. Just before making adai, add everything listed under “other ingredients”. Mix well and check for salt.
- Heat a tawa, spread little oil, pour ladle full of batter, spread it like thick dosa, drizzle some oil on sides, cook it until you get golden brown color, flip it to other side and cook for another 2 mins in low flame .
- Crispy, flavourful adai is ready to serve coconut chutney or avial or podi.

Tips For Making Adai

- Always use small onion for great taste. You can also use large onion.
- If you don't like drumstick leaves instead add grated vegetables like carrot, radish as my MIL does.
- Cook on low flame to get crispy also it takes more time to cook than normal dosa.
- Adjust the no of red chillies according to your taste.
- You can also sauté the drumstick leaves before adding it to the batter.

Health Benefits of Adai

- Drumstick Leaves : Rich in calcium, so good for bone development. Rich in potassium and iron, they are good for brain development.
- Toor Dal : Rich in dietary fiber and protein & folic acid are good for fetal development.
- Channa Dal : Richest in vegan source of dietary protein, manganese and copper. Having this dal helps to keep diabetes away.

Drumstick Leaves Adai



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