DietCloud – Recipe

Recipe Name: Foxtail Millet Rava Idli Recipe

Diet Type: Vegetarian

Course: South Indian Breakfast

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Foxtail Millet • 3/4 cup Curd (Dahi / Yogurt) - beaten • 1/2 cup Carrot (Gajjar) - grated • 2 Green Chillies - finely chopped (adjust) • 1/2 inch Ginger - grated • 1 pinch Enos fruit salt • Coriander (Dhania) Leaves - small bunch • Water - as needed • Salt - to taste • 1 teaspoon Sunflower Oil • 1/2 teaspoon Mustard seeds • 1/2 teaspoon White Urad Dal (Split) • 1/2 teaspoon Chana dal (Bengal Gram Dal) • Cashew nuts - a few • Curry leaves - few sprigs	4

Preparation

• To begin making Foxtail Millet Rava Idli Recipe, add foxtail millet in a mixer-grinder and pulse itin a mixer for a couple of minutes to make a coarse rava out of it.

• Heat a kadai on medium flame, add oil and mustard seeds and let it splutter.

• Once they splutter, add urad dal & bengal gram dal and cashew nuts.

• Fry until they turn brown in colour.

- Finally switch off and allow to cool.

- Add just enough water to make a idli batter of a poury but thick consistency, mix well.
- Let this sit for a few minutes until the batter is uniform.
- Grease each Idli plate cavity with oil and fill the Foxtail Millet Rava Idli batter until 3/4th full.

- Place the filled foxtail millet rava idli racks in the steamer.

- After 10 minutes of steaming, turn off the heat.
- Open the steamer and insert a knife or a pick to test whether the idli's are cooked.
- If nothing sticks then the idlis are perfectly steamed.
- Now you can remove the Foxtail Millet Rava Idli from the steamer.
- Have a small bowl filled with water.
- Dip a spoon in the water and then scoop the idli out starting from the edges.
- Dipping the spoon in water helps in the easy removal of idli from the plates.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)