DietCloud – Recipe

Recipe Name: BLACK RICE IDLI
Diet Type: Vegetarian
Course: General Course
Cuisine: Indian
Quantity:



Description

Black Rice Idli is an ancient grain twist on a classic South Indian breakfast, crafted from fermented black rice (Kavuni arisi), parboiled idli rice, and protein-packed urad dal. The steaming process creates soft, porous, deep purple-black savory cakes with a subtly sweet, nutty undertone. They are ideally served hot with fresh coconut chutney and hearty vegetable sambar for a balanced, vibrant morning meal.
[PROS]
- Loaded with powerful anthocyanin antioxidants that fight inflammation and oxidative stress
- Natural fermentation improves gut health and increases micronutrient bioavailability
- Significantly higher in dietary fiber and lower in glycemic index than traditional white idlis
[CONS]
- Requires substantial soaking (6-8 hours) and fermentation time compared to instant breakfast options
- Yields a slightly denser texture than traditional idli, which may require an acquired preference
[DIETITIAN REVIEW]
Score: 9/10. Swapping part of refined white rice with Kavuni black rice dramatically transforms a staple comfort food into a therapeutic powerhouse packed with dietary fiber and potent anthocyanins. The traditional fermentation combined with steaming makes it exceptionally gentle on digestion while providing steady, sustained energy.

Ingredients

Ingredient	Quantity
• Black rice (Kavuni arisi)	1 cup
• Idli rice	1 cup
• Urad dal	1/2 cup
• Fenugreek seeds	1 tbsp
• Salt	to taste
• Water	as needed

Preparation

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• 1.
• 1.
• Thoroughly rinse the black rice and idli rice together in cold water, then soak them in clean water for at least 6 to 8 hours.
• 2.
• 2.
• In a separate bowl, rinse and soak the urad dal and fenugreek seeds in water for 4 to 5 hours.
• 3.
• 3.
• Drain the urad dal and fenugreek seeds, then grind them in a wet grinder or high-speed blender using small amounts of ice-cold water until the batter is light, fluffy, and doubled in volume.
• 4.
• 4.
• Drain the soaked rice varieties and grind them with minimal water to a slightly coarse, thick batter.
• 5.
• 5.
• Combine both batters in a large pot, add salt to taste, and mix thoroughly with clean hands to aerate and initiate the fermentation process.
• 6.
• 6.
• Cover loosely and allow the batter to ferment in a warm place for 8 to 12 hours until it rises and turns aerated.
• 7.
• 7.
• Gently fold the fermented batter without knocking out all the air pockets, grease idli plates with a light film of oil, and ladle the batter into the moulds.
• 8.
• 8.
• Steam in a preheated steamer on medium-high heat for 10 to 12 minutes, allow to rest for 2 minutes off heat, then demould with a wet spoon and serve warm.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
493	14	96	3.3	7	