

Recipe Name: SAMAI IDLY
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients
Ingredients needed to make Samai Idli
1 cup Little Millet / Samai Arisi
1/4 cup Urad Dal / Black Gram
1/2 tsp Fenugreek Seeds / Methi
Salt as needed
Cooking Oil to grease

Instructions
How to make Little Millet Idli
Making the batter
Wash and soak samai arisi / little millet for 3 to 4 hours. Rinse well until water turns clear. Similarly, wash and soak black gram / ulunthu along with fenugreek seeds separately.

When ready to grind the batter, drain and take the soaked black gram / ulunthu and grind it till smooth and fine paste.

Once the urad is very soft and airy texture, transfer the to a big vessel.

Next, grind samai by adding water little at a time to a slightly coarse paste. Consistency of batter should not be too grainy nor fine paste.

Now, mix both the batter together with required salt, mix well.

Transfer the batter to a container that has enough room for the batter to ferment.

Batter consistency should not be too thick or too thin. Ferment the batter for overnight.

Once fermented, gently mix the batter and refrigerate right away if you are not going to use.

Making of samai idli
When you are ready to steam the idlis, fill the Idli pan with enough water and grease the idly plate with cooking oil or ghee.

Take a ladleful of batter and drop into the dents. Once all the plates are filled, place in the pan.

Cover and steam for 10 to 15 mins.

Check if its done, switch off and keep it for 5 mins.

Remove the idlis to a hot box and serve the samai idli with side dish of your choice.

Notes
We sometimes add 2 tbsps thick beaten rice/ Poha. This makes it extra soft. However, we can avoid it as well. While grinding, if you feel the gadget is getting heated up, you can use ice water to grind. Always check if the millets have any stones. Sometimes we do get it, so clean before soaking. Fermentation depends on the climate of your place. Our hot Madras climate ferments very quickly. The consistency of the batter is very important. Always check and make sure the batter is not too thin or thick. Else you will end up having flat or hard idlis. Always add water little by little. If you have stored the batter in the fridge, remember to take it out at least some 30 mins to an hour before making the idlis. When you take out the batter, mix well and let it sit at room temperature until you make the idlis.



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Preparation

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	6	40	2	4	1

