DietCloud – Recipe

Recipe Name: SAMAI IDLY

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Samai Idly is a wholesome, nutrient-dense twist on traditional South Indian steamed cakes, prepared with fiber-rich little millet and protein-packed urad dal. Naturally fermented and steam-cooked, these soft, slightly speckled idlis offer an earthy flavor and a light, spongy texture. As shown, they are traditionally served warm on fresh banana leaves alongside flavorful lentil sambar and spicy South Indian chutneys.
[PROS]
- Low glycemic index supports stable blood sugar management
- High dietary fiber content aids digestion and prolongs fullness
- Naturally gluten-free and gentle on the gastrointestinal tract
- Fermentation improves gut health and micronutrient bioavailability
[CONS]
- Requires substantial advance planning for soaking and fermentation
- Slightly denser texture compared to traditional polished white rice idlis
[DIETITIAN REVIEW]
Score: 9/10. Samai Idly is an outstanding diabetic-friendly breakfast that trades refined carbohydrates for nutrient-dense ancient grains. The synergistic combination of little millet and urad dal delivers a complete protein profile alongside sustained energy release and essential minerals.

Ingredients

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

Preparation

• 1.

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• 1.
• Rinse the little millet and urad dal with fenugreek seeds separately in water until clear.
• 2.
• 2.
• Soak the little millet in water for 4 to 5 hours, and soak the urad dal and fenugreek seeds in a separate container for 3 to 4 hours.
• 3.
• 3.
• Grind the soaked urad dal and fenugreek in a wet grinder or blender, adding cold water gradually until the batter turns light, airy, and fluffy.
• 4.
• 4.
• Grind the soaked little millet to a slightly coarse, semolina-like consistency with minimal water.
• 5.
• 5.
• Combine both batters in a large vessel, mix in the salt thoroughly by hand, and let it ferment in a warm location for 8 to 10 hours until doubled in volume.
• 6.
• 6.
• Lightly grease the idli plates with cooking oil and ladle the fermented batter gently into the molds without deflating the air pockets.
• 7.
• 7.
• Steam in a preheated steamer on medium-high heat for 10 to 12 minutes until a toothpick inserted into the center comes out clean.
• 8.
• 8.
• Allow to rest for 2 to 3 minutes, then scoop out the warm idlis using a wet spoon and serve immediately.

Macronutrients

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