

Recipe Name: GREEN GRAM IDLY
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients

For Idli Batter: 1½ cup sabut moong, green grams ½ cup urad dal 1 tsp salt ½ tsp fenugreek seeds 1 cup chopped spinach tightly packed 2-2½ cups water oil for greasing

Instructions

Soaking the legumes Soak green grams and urad dal separately in enough water for 5-6 hours. Add the fenugreek seeds in with the urad dal and allow them to soak too.

Preparation of the batter: Drain out the water from the soaked green grams and urad dal.

Put the urad dal in a blender jug with about ¾ -1 cup water.

Process into a fine paste.

Remove the paste from the blender into a big mixing bowl.

Add soaked green grams and chopped spinach into a the blender jug.

Add just enough water and process to a smooth paste.

Remove the mixture from the jug into the bowl with the urad dal paste.

Add salt and mix well.

Cover the bowl with a lid or a cling film. Place it in a warm place and allow it to ferment overnight or for at least 8 hours.



Preparation of Moong Idlis: Grease the idli moulds with some oil.

Add water in the idli steamer, make sure that it will not touch the bottom idli mould plate.

Gently mix the fermented batter.

While the water is getting hot, fill the moulds $\frac{3}{4}$ of the way with the batter. My idli steamer makes 20 at a time

Place the mould plates into the idli steamer with hot water.

Cover the lid of the steamer and steam the idlis for 10 minutes.

Remove the idli plates from the steamer.

Allow the steamed idlis to rest for 5 minutes.

Using a thin spatula or butter knife to remove the idlis from the mould.

Serve them with sambhar and chutney.

Ingredients

Ingredient	Quantity
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No ingredients added.

Preparation

No preparation steps added.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	20	60	2	10	5