DietCloud – Recipe

Recipe Name: THINAI IDLY

Diet Type: Vegetarian

Course: General Course

Cuisine: Indian

Quantity:



Description

Thinai Idly is a wholesome, nutrient-dense South Indian breakfast made from fermented foxtail millet and whole black gram (urad dal). These soft, naturally beige-tinted steamed cakes feature a light, porous crumb and an earthy, nutty flavor profile. They are traditionally served hot alongside vibrant coconut chutney and spicy tomato chutney for a complete, balanced meal.
[PROS]
- Low glycemic index compared to traditional rice idlis, aiding in steady blood sugar regulation.
- Rich in dietary fiber and essential minerals such as iron, magnesium, and calcium.
- Naturally gluten-free and easily digestible due to traditional batter fermentation.
[CONS]
- Yields a slightly denser texture compared to traditional soft white rice idlis.
- Requires advance planning due to prolonged soaking and fermentation times.
[DIETITIAN REVIEW]
Thinai Idly is an outstanding diabetic-friendly upgrade to the conventional rice-based breakfast. The combination of slow-digesting complex carbohydrates from foxtail millet and plant protein from urad dal provides lasting satiety and metabolic support. Score: 9/10

Ingredients

Ingredient	Quantity
• Foxtail millet (Thinai)	60 g
• Whole white urad dal	20 g
• Fenugreek seeds (methi)	1/4 tsp
• Salt	1/4 tsp
• Pot Water	As needed for soaking and grinding

Preparation

• 1.

• Rinse the foxtail millet thoroughly in water 2 to 3 times, then soak it in fresh water for at least 4 to 5

hours.
• 2.
• In a separate bowl, rinse and soak the urad dal along with fenugreek seeds for about 3 to 4 hours.
• 3.
• Drain the soaked urad dal and grind it in a blender or wet grinder with minimal chilled water until light, fluffy, and smooth.
• 4.
• Drain and grind the foxtail millet with minimal water to a slightly coarse, semolina-like consistency.
• 5.
• Combine both batters in a deep bowl, add salt, and mix well using your hands to initiate fermentation.
• 6.
• Cover the bowl and allow the batter to ferment in a warm place for 8 to 10 hours until it rises and turns airy.
• 7.
• Gently stir the fermented batter, pour ladlefuls into lightly greased idli molds, and steam on medium-high heat for 10 to 12 minutes.
• 8.
• Rest for 2 minutes after turning off the heat, unmold using a wet spoon, and serve warm with chutneys.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	60	2	4	2