

Recipe Name: Horsegram And Foxtail Millet Idli Recipe
Diet Type: Vegetarian
Course: South Indian Breakfast
Cuisine: South Indian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 1 1/2 cups Foxtail Millet	2
• 1/2 cup White Urad Dal (Split)	
• 1/2 cup Horse Gram Dal (Kollu/ Kulith)	
• 2 tablespoons Poha (Flattened rice)	
• 1 teaspoon Methi Seeds (Fenugreek Seeds)	
• Salt - to taste	
• Sunflower Oil - as required for greasing	

Preparation

- To begin making the Horsegram And Foxtail Millet Idli recipe, wash and Soak Urad dal with methi seeds with enough water in a bowl for 6 hours or overnightLikewise, wash the horse gram and millets separately, soaking each of them in different bowls.
- Soak them for a minimum of 6 hours or leave it overnight.
- Transfer the urad dal and methi seeds into a mixer-jar and grind into a smooth paste using a little water.
- Add this to the bowl having the ground urad dal.



- Pour spoonfuls of the idli batter into these moulds.
 - Do make sure you fill the idli batter only half way through as they will rise up to the top when steamed.
 - Once all the plates are filled, place the filled idli racks one above the other making sure the holes are facing the filled portion.
 - Prepare the idli steamer with a little water in the bottom.
 - Place the filled idli racks in the steamer.
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- After 10 minutes of steaming, turn off the heat.
 - Open the steamer and insert a knife or a pick to test whether the idli's are cooked.
 - If nothing sticks then the idlis are perfectly steamed.
 - Now you can remove the idli from the steamer.
 - Have a small bowl filled with water.
 - Dip a spoon in the water and then scoop the idli out starting from the edges.
 - Dipping the spoon in water helps in the easy removal of idli from the plates.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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