

Kerala Idli

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Idli is a very common **South Indian Breakfast** and is healthy. It is made from a fermented batter of rice and lentils. Idli is usually served with Hot Chutneys (Chammanthi) and Sambar. There are many variations of Idli like Plain Idli, Rava Idli etc. Idli is often known as Iddali or Iddili in Kerala.

Here is the recipe for making soft and tasty **Plain Idlis**. I make Idlis using Rice Flour though traditionally Idlis are made by grinding soaked rice.

Ingredients

1. Urad Dal (Uzhunnu Parippu or Black Gram) – 1 cup
2. Rice Flour – 3 cups
3. Salt – As required
4. Water – As required
5. Baking Soda – A pinch (Optional)

Preparation method

1. Wash and Soak Urad Dal for about 3-4 hours.
2. Grind Dal to make a smooth mix.
3. Add rice flour and salt to the ground dal and mix well. Add a little water if required so that no lumps are formed. You can use the blender for mixing everything together. You can also add a pinch of Baking Soda if you are staying at places where the temperature is low.
4. Store the batter in a large vessel and keep it overnight or for 10-12 hours, so that the batter ferments. Leave the batter in a warm place. (I usually keep the batter in the Oven, so that it ferments well.)
5. Once the batter is well fermented, mix the batter well and pour ladle fulls onto greased idli plates and steam using an Idli Maker or Pressure Cooker for 10-15 minutes.
6. Serve with hot chutney or sambar.

Note

If you are using Rice instead of Rice Flour, then wash and soak the rice for 3-4 hours. Grind it coarsely in a blender and mix it with the ground Urad Dal.

This is my entry for **Color of Taste – Powders** monthly event hosted by Kadumanga. The theme for this month is **Rice Flour**. Visit **Color of Taste – Rice Powders** to know more details.





Idli Plates



Idli Maker