

Recipe for Idli, Sambhar, Coconut Chutney - session 18/01/13



(QUICK METHOD USING READY MADE IDLI & SAMBHAR MIX)

Rice Idli Recipe: (makes 20 to 24 idlis)

Ingredients:

- Ready Idli Mix

Method:

- Blend the idli mix with water to make a smooth soft batter
- Lightly grease the idli moulds with cooking oil. Put in some water into the idli cooker below the level of the last idli mould plate (so that the idlis don't get immersed in water).
- Pour the idli batter inside the idli moulds leaving a little place for them to rise.
- Place the idli cooker with the water on medium heat and when the water begins to boil, put in the idli stand, cover and steam for exactly 15 minutes.
- After you turn off the heat, uncover the lid, let the idlis rest in their moulds for about 10 to 15 minutes. Then, gently unmold the idlis with the help of a spatula and serve hot with chutney and sambhar.

Sambhar Recipe:

Ingredients:

- Ready Sambhar Mix

Method:

- Blend the contents of the pack with water
- Pour into a thick bottom pan and bring it to boil
- After it boils for 10 mins, turn the hob to simmer. Add chopped tomatoes. Allow to cook for 10 mins
- Garnish with seasoning

For seasoning

Ingredients:

- 1 tsp oil
- ½ tsp mustard seeds
- a sprig of curry leaves

Method:

- Heat 1 tsp of oil in a pan
- Add ½ tsp mustard seeds. When they splutter, add curry leaves and switch off the hob.
- Add this to Sambhar and serve hot with Idlis

Rice Idli Recipe (Traditional Method)

Makes 20 to 24 idlis

Ingredients:

- 250 gm (1 1/2 cups) boiled rice
- 150 gm (3/4 cup) split and skinned black gram dal (urad dal)
- 2 tsp salt or to taste
- Water for grinding

Method:

- Wash and soak the boiled rice and urad dal separately for 4 to 6 hours or overnight. Drain and grind urad dal with 80 ml (1/3 cup) of water.
- In a large utensil, mix the ground urad dal with boiled rice. Pour approximately 125 to 185 ml (1/2 cup to 3/4 cup) water (you might require a little less, depending on the quality of your urad dal) into the batter to get a soft cake like batter, add salt, mix well and allow to ferment for 12 to 16 hours.
- Lightly grease the idli moulds with cooking oil. Put in some water into the idli cooker with the water level inside the idli cooker below the level of the last idli mould plate (so that the idlis don't get immersed in water).
- Pour the fermented idli batter inside the idli moulds leaving a little place for them to rise.
- Place the idli cooker with water on medium heat and when the water begins to boil, put in the idli stand, cover and steam for exactly 10 minutes.
- After you turn off the heat, uncover the lid, let the idlis rest in their moulds for about 10 to 15 minutes. Then, gently unmould the idlis with the help of a spatula and serve hot with chutney and sambar.
- Do not wash boiled rice or dal too many times before grinding.

Note:

- Add salt when mixing ground urad dal with boiled rice. Don't overmix the batter once it is fermented. Give it a light stir or mix before pouring into the moulds
- If the temperature is cold then the batter takes upto 24 hours to ferment
- The proportions given above are made using cups measuring 1 cup=250 ml

Sambhar recipe (Traditional method)

Serves 6

Use vegetables like drumstick, carrot, beans etc for sambhar

Ingredients:

- 210 gm (1 cup) red gram dal (toor dal)
- 1.250 ml (4 1/2 cups) water, divided
- 1/2 tsp turmeric powder
- 2 cups vegetables, chopped
- 1 1/2 tsp tamarind, washed and soaked in 125 ml (1/2 cup) water
- 1 tbsp oil
- 3/4 tsp mustard seeds
- 1/2 tsp fenugreek seeds
- a sprig of curry leaves
- 1/2 tsp asafetida
- 1 tbsp sambar powder
- 1/2 tsp red chili powder (optional)
- 3 to 3 1/2 tsp salt or to taste

Method:

- Wash and soak toor dal for fifteen to thirty minutes. Pressure cook the dal with 3 cups of water and turmeric until done, about 3 to 4 whistles depending on your pressure cooker and the quality of your dal (organic dal takes longer to cook). Alternately use a saucepan if you don't have a pressure cooker.
- Once the pressure drops, put in the chopped vegetables and pressure cook again till done, about 1 whistle. After the pressure drops, remove the whistle and keep aside.
- Mash the tamarind with your hands, releasing the pulp into the water and keep aside.
- In a wok or a saucepan, heat the oil over a medium flame and put in mustard seeds. When they splutter, lower the heat and add fenugreek and curry leaves along with asafetida. This has to be done in quick succession before the fenugreek turns dark brown or black (if this happens the dal will turn bitter!). Add the remaining 1 1/2 cups of water into the pot.
- Pour the tamarind water into a strainer held over the seasoning pot and bring to a boil. Stir in the sambhar powder and boil again.
- Pour the seasoned tamarind mixture into the dal with the vegetables and bring to a boil again.
- Stir in the salt and adjust the consistency of the sambhar by adding more water if required and serve hot with the idlis or with rice.

Calorie Content of Idli Sambhar

1 serving of Idli Sambhar (2 idlis and 1 cup sambhar) – 400 calories

- Fat – 1.3 gms
- Proteins: 11 gms
- Cholesterol – 5 mg
- Fiber – 6 gms

Nutritional Benefits of Idli Sambhar

- Urad dal in idlis is found to be good in diabetics
- Moreover, idlis are steamed and contains little oil so can be served as a nutritious and complete meal.

Coconut Chutney Recipe:

Ingredients:

- 100 gm (1 cup) coconut
- 30 gm (4 tbsp) roasted chana dal (daria dal or phutana)
- 1/8 tsp hing
- 1 green chilli
- 3/4 tsp salt
- 125 ml (1/2 cup) water
- 1 small piece ginger
- 1 tbsp peanuts

For seasoning:

- 1 tsp oil
- 1/2 tsp mustard seeds
- 2 to 3 dry red chillies, broken into bits (optional)
- a sprig of curry leaves
- 1/4 tsp asafetida

Method:

Roast the peanuts. In a blender put in all the ingredients for the chutney and blend into a smooth mixture. You can keep the consistency a little coarse and it need not be as smooth as it would be for curries.

In a small wok, heat the oil and put in the mustard seeds. When they splutter, add chillies, curry leaves and asafetida and turn off the heat.

Pour the hot seasoning over the ground chutney, mix well and serve with idlis or dosas.

Calorie Content of Coconut Chutney:

- 1 tbsp – 56 calories
- Fat – 5.38 gms
- Carbohydrates – 2.19 gms
- Cholesterol – zero
- Fiber- 1.2 gms
- Iron – 2%
- Calcium – 2%