

Idli/Dosa Recipe

These traditional [South Indian](#) foods are predigested by bacteria in the fermentation process and hence easier to digest. The fermented process increases the bioavailability of nutrients like folic acid, riboflavin, niacin, thiamine, biotin and Vitamin K.

Dosas/Idly batter

Idly rice, raw rice, urad dahl, and fenugreek seeds can all be purchased at the local indian foods market.

The batter can also be purchased ready made at the indian market in which case skip right to the second step.

Batter stores for about a week in the fridge

Ingredients:

2 cups idly or raw rice

1/2 cup Urad dahl

1/2 tsp fenugreek seeds

1/2 tsp salt

1. Soak rice and dahl in separate containers for about 6-8 hour. (soak fenugreek seeds with the dahl)
2. Separately blend the soaked dahl and rice with just enough of the water used for soaking to blend smoothly.
3. Once blended, mix the rice and dahl together along with the salt.
4. Place in a container that is big enough for this mixture to double in size. cover with cheesecloth or paper towel
5. Turn the oven light on and allow the container to sit in the oven for another 8 hours or until the mixture has just about doubled.
6. Place batter in a sealed container in the fridge.

This batter will last for 1 week

To make Idly

Use an idly rack if available or poached egg containers. Fill idly rack or poached egg containers to half full with the batter. Fill the bottom of a pot with water and bring to a boil. set the filled idly rack or egg containers in the pot and allow to steam for 10 minutes (cover the pot with the lid). After 10 minutes, remove from heat and allow them to cool for a few minutes before taking the idly out of the container.

Enjoy!

To make Dosa

Warm up ghee in a skillet, place a ladle full of batter in the skillet and with a circular motion, spread the batter out with the ladle until crepe thickness. Allow to cook until crisp and flip to cook the other side.

Dosas can also be made a little thicker and used as a healthy alternative to pancake batter.