

Recipe

Quinoa Idli

By

Bhaktin Archana



Ingredients

- Urad daal - $\frac{3}{4}$ cup
- Chana daal - $\frac{1}{4}$ cup
- Brown basmati - 1 $\frac{1}{2}$ cup
- Quinoa - 1 $\frac{1}{2}$ cup
- Salt - as required
- Oil for greasing idli molds

Preparation

1. Rinse daals and soak them in water overnight.
2. Rinse brown basmati. And soak it in a separate container overnight.
3. Rinse quinoa. Soak in a separate container overnight.
4. Next morning, grind both the daals by adding little water and set aside in a huge container.
5. Grind brown basmati along with quinoa. Add brown basmati mixture to the ground daal paste.
6. Add salt cover and keep for fermenting for at least 8 hrs.
7. After the batter is fermented, grease the idli stand.
8. Steam idlis in pressure cooker or in a container until cooked.
9. Remove and serve.

Serves

4-5 Persons

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**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**