

Recipe

Vegetable Idli

By

Bhaktin Sushma



Ingredients

- Cream of wheat (Rava)- 300 gms
- Rice flour - 1 tbsp
- Urad dal - 50 gms
- Sev - 200 gms
- Green chili paste - 1 tsp
- Red chilies - 3-5
- Oil or ghee - 1 tbsp
- Chana dal - 50 gms
- Plain yogurt - 5 cups
- French beans - 50 gms
- Peas - 50 gms
- Cashew nut - 10 to 12

Preparation

- Heat oil or ghee in a pot.
- Put fried urad dal and chana dal roast it for 5 minutes.
- Then Roast red chilies and cashew nut, sev and cream of wheat (Rava).
- Make buttermilk of plain yogurt and add it to the mixture of cream of wheat to form a soft batter.
- Keep it covered for 5-6 hours.
- Add green peas, chopped beans, green chili paste, salt and curry leaves.
- Fill the moulds with the batter and cover it.
- Steam the idli and serve with chutney and sambhar.

Serves

4 Persons.

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Hare Rama Hare Rama Rama Rama Hare Hare