

SIEMENS

Mixed Vegetable Idli



Eggless

Yield
5-6 pcs

Type
Savory

Function
Full Steam plus

Temperature
100 degrees Celsius

Time
9 - 10 min

Tray Level
2

Ingredients

- Two cups parboiled rice
- Whole or split urad dal – 120 grams whole
- Thick poha – 20 grams (flattened rice)
- ¼ teaspoon fenugreek seeds (methi seeds)
- 473 ml water – for soaking rice
- 236 ml water – for soaking urad dal
- 118 ml water – for grinding urad dal
- 177 to 236 ml water – for grinding rice or add as required
- One teaspoon rock salt (edible and food grade) or sea salt
- Oil – as required to apply to the idli molds
- Mixed Vegetables (Carrots, Peas, Beans, Cauliflower finely diced)

Procedure

1. Pick and rinse both the regular rice and parboiled rice.
2. Rinse the poha and add to the rice. Add water. Mix well. Cover and keep the rice to soak for 4 to 5 hours. In a separate bowl, rinse the urad dal and methi seeds a couple of times.
3. Soak the urad dal with methi seeds separately in water for 4 to 5 hours. Drain the soaked urad dal. Reserve the water.
4. Grind the urad dal, methi seed with ¼ cup of the reserved water for some seconds. Then add remaining ¼ cup water. Grind till you get a smooth and fluffy batter. Remove the urad dal batter in a bowl and keep aside.
5. Grind the rice in batches to make a smooth batter. Mix both the batters together in a large bowl or pan. Add salt and mix well.

6. Cover and let the batter ferment in Dough Proving Option in the Combi Steam Oven for 2 to 3 hours. After the fermentation process is over, the idli batter will become double in size and rise.

Steaming Idli :

1. Grease or brush the idli mold evenly with oil.
2. Add ½ teaspoon of chopped vegetables in each cavity and pour the batter over the vegetables in the mold and steam the idli in the Combi Steam Oven at 100 degrees Celsius.
3. Steam for 12 to 15 mins or until the idli is done. Serve the steaming hot idli with coconut chutney and sambar.