

# Ragi Idli



Ragi idli is a healthier and more nutritious breakfast than the regular idli. It is rich in carbohydrates, proteins and micronutrients, has high nutritional value and packed with multiple health benefits. It is a staple food in rural population in South India.

## Makes 5-6 idlis

### Ingredients

- 1/2 cup urad dal (split black lentils) , soak in water for 2 to 3 hours
- 1 cup rice semolina (idli rawa)
- 1 cup ragi (nachni / red millet) flour
- 1/2 tsp salt
- a pinch of baking soda

### Method

1. Soak urad dal for about 2 to 3 hrs.
2. After 2 hours drain the water from the urad dal and grind to a smooth paste adding 3/4 cup of water.
3. Soak the idli rava in water separately for an hour before mixing with urad dal batter.
4. Squeeze out the water from the rice semolina and add to the ground urad dal batter. Add the ragi flour and mix. Mix well till well combined.



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5. Place the mixture in a warm place for 8-10 hours or overnight to let the idli mixture ferment. The fermentation is slow in winter and quick during summer. The key to soft and fluffy idlis is in the fermentation process.
6. After 10 hours you will find that the mixture will be double the original volume. After fermentation, add salt and pinch of soda bi carbonate and mix well. The batter is now ready to make idlis.
7. Grease idli maker plates with some oil and fill with idli batter. Steam covered for about 10-12 minutes and remove each idli carefully with a spatula.
8. Serve with sambar or chutney of your choice.