



Rawa/Sooji Idli
by
Vibha Sharma



Ingredients

<i>Rawa/Sooji</i>	:	<i>2 Cups</i>
<i>Curd</i>	:	<i>2 Cups</i>
<i>Lemon Juice</i>	:	<i>1 Table Spoon</i>
<i>Cooking Oil</i>	:	<i>2 + 1 Table Spoons</i>
<i>Eno Fruit Salt</i>	:	<i>1 ½ 5 gm Packet</i>
<i>Salt</i>	:	<i>To Taste</i>
<i>Green Chilies</i>	:	<i>2 or as per taste</i>
<i>Coriander leaves</i>	:	<i>2 Table Spoons</i>
<i>Onion finely cut</i>	:	<i>One Small (Optional)</i>
<i>Carrots, Broccoli</i>	:	<i>1 Medium (Optional)</i>
<i>Mustard Seeds</i>	:	<i>1 ½ Tea Spoons</i>
<i>Curry Leaves</i>	:	<i>10-15</i>

Moong Sprouts/Red-Green-Yellow Capsicum for decoration (Optional)

** You can also use half Sooji and half Coarsely Ground Saffola Oats in place of Rawa/Sooji.*

Method – Making Batter

Take Sooji/Sooji + Oats in a bowl and add Curd, mix well with a ladle/Karchi. Add water if required.

Add Salt + Lemon Juice + Coriander Leaves + finely cut Green Chilies till it is blended well.

Add finely cut Onions + Grated Carrots + Other vegetables of Choice (optional).

Keep aside for 10 minutes.

Heat Oil in Pan, add Sarson (Mustard Seeds) + Curry Leaves and let them splutter, add to the Sooji-Curd batter and mix well.

Method – Making Batter

Take Sooji/Sooji + Oats in a bowl and add Curd mix well with a ladle/Karchi. Add water if required

Add Salt + Lemon Juice + Coriander Leaves + finely cut Green Chilies and blend well.



Method – Making Batter

Add finely cut Onions + Grated Carrots + Other vegetables of Choice (optional).

Keep aside for 10 minutes.

Heat Oil in Karhai/Pan, add Sarson (Mustard Seeds) + Curry Leaves and let them splutter, add to the Sooji-Curd batter and mix well.



Method – Making Batter

Keep the Idli Cooker/Cooker on flame/Induction with sufficient water (500 ml-600 ml), bring to boil.

Add Eno Fruit Salt to the batter and pour a Table Spoon of water and mix well. The batter will start frothing. Put spoonful mixture/batter in Idli Moulds. Add Sprouts/Red-Green-Yellow Capsicum on top of the batter.

The Batter should be thick, not watery as shown.



Batter in Idli molds

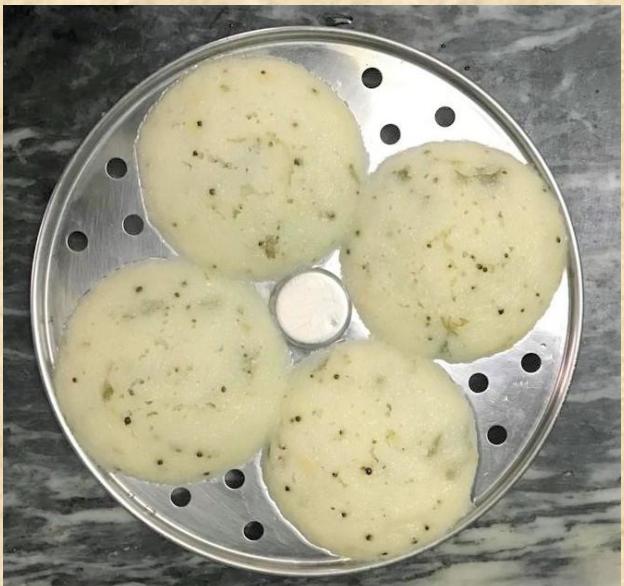
Take Idli Mould and line with oil. Add batter to the mould and stack on the Idli Stand. Keep the Idli Stand in the Idli Cooker /Cooker and Steam for 12-15 minutes. If Using Pressure Cooker steam without a whistle for 12-15 minutes. Allow the steamed idlis to cool for sometime.



Steamed Idlis

Demould the Steamed Idlis and Serve with Sauce/Coconut Chutney/Sweet and Sour Lemon Chutney/Spicy Lemon Pickle.

You can also make Lemon Water – Heat oil in a pan + add Mustard + Rai Seeds + Curry Leaves + Green Chilies. After they splutter add 50 ml water and 2 Table Spoons of Lemon Juice. Sprinkle over Steamed Idlis and savour them hot.







*Happy Steaming
Thank You*