

Idli & Coconut Chutney



This is a masterclass on making the most perfect idli every

time. Whether you are an experienced cook or a beginner in the kitchen, this recipe is easy to follow and will deliver delectable results.

No idli is complete without a coconut chutney!

Top Tips

– You will need an idli stand

Ingredients

For the Idli

3 cups of rice

1 cup urad dal

1 tbsp fenugreek seeds

1 $\frac{1}{2}$ tsp salt

oil of choice

1 tsp baking soda

For the Coconut Chutney

3 dried red chilli

80g peanuts

300g fresh coconut, broken into bite-size pieces

1 tbsp jaggery/brown sugar

1 tsp salt

$\frac{1}{2}$ tsp tamarind paste

1 tsp black mustard seeds

handful fresh curry leaves

Method

– In one pan, add the rice. In another pan, add the urad dal. In a small bowl, add the fenugreek seeds. Cover them all in a generous amount of water and allow them to soak for at least 8 hours.

– Use your hands to scoop the dal into a blender along with a little bit of the water. Blitz until it forms a thick paste. Once smooth and creamy, transfer to a pan.

– Repeat the process with the rice and fenugreek seeds and transfer them to the blitzed dal. Mix well, cover, and let it

ferment overnight.

– Add the salt, and baking soda, and beat the mixture until smooth.

– Coat the idli maker in a little oil. Use a large spoon to scoop the mixture into each idli mould. Fill each mould so they are $\frac{3}{4}$ full.

– Add an inch of water to a large hot pan. Once the water is bubbling, place the idli inside, cover and cook for 10-12 minutes.

– Meanwhile, prepare the chutney by adding the peanuts and 2 red chilli to a hot pan. Dry roast for 2-3 minutes.

– Turn the heat off and allow them to cool completely and then transfer to a blender. Add the coconut, salt, jaggery, tamarind paste, and 50ml of water. Blitz until it forms a coarse chutney.

– In a small pan, add 1 tbsp oil, the dried red chilli, black mustard seeds and let them sizzle. Once they start to pop, add the curry leaves. Cook for 2 minutes and then pour onto the chutney.

– Once the idli are cooked, use a sharp knife to remove them from their moulds. Brush the moulds with oil again and repeat the process with the rest of the idli mixture.

Enjoy with some [sambhar](#) and the coconut chutney!