

Idli - Indian rice and bean cakes

Cuisine: **Indian**
Food category: **Vegan dishes**




Author: **Retigo Team Deutschland**
Company: **RETIGO Deutschland GmbH**





Program steps


Preheating: 99 °C


1


 Steaming

 Termination by time

 00:15 hh:mm

 99 °C

 50 %



Ingredients - number of portions - 12		
Name	Value	Unit
urad dal	100	g
basmati rice	100	g
chickpeas	20	g
fenugreek seeds (tsp)	0.5	pcs
water	100	ml
salt	1	pcs

Nutrition and allergens	
Allergens: Minerals: Ca, Cu, Fe, K, Mg, Na, P, Zn Vitamins: A, B, C, E	
Nutritional value of one portion	Value
Energy	64.5 kJ
Carbohydrate	12.1 g
Fat	0.3 g
Protein	3.1 g
Water	0 g

Directions

*urid dal (peeled, halved urd beans)

Wash the rice, beans, chickpeas and fenugreek seeds very thoroughly,
then put it in a bowl, cover it with clean water and let it soak for 24 hours.
The rice should be soaked separately from the other ingredients.
Then drain and rinse and allow to drain.
Then add the water (100 ml) and puree everything into a fine mass.
Let the mixture stand and ferment at room temperature again for 24 hours.
Finally, mix in the salt well.
Then pour the dough into a coated hollow plate (Retigo Snack) - approx. 3 teaspoons per hollow.
Using the trough plate has the advantage that no extra grease is necessary. If you use other uncoated molds, they must be brushed with oil or sprayed with extra grease.
Then steam the cakes in the preheated combi steamer at 99 °C in steam mode with 50% fan speed for 15 minutes.
Various chutneys are typical as a side dish.