



Idli-sambhar

Tell the story of the recipe...

Ingredients

How many servings?

- 3 Cups Idli batter
- 1 Carrot
- 1 Cup chopped Bottle Gourd
- 1 Cup chopped Tomatoes
- 1/2 Cup Split Pigeon peas or Toor dal
- 2 tsp mustard seeds
- 2 tsp crushed Cashews
- 1 Dry Red Chilly
- 6-7 Curry leaves
- 1 tbsp Sambhar powder
- 1 tbsp Coriander powder
- 1 tsp Tamarind paste

Steps

How long to cook?

- 1 Wash Toor dal & alongwith chopped bottle gourd and tomatoes pressure cook it with some water & salt till 4-5 whistles
- 2 In a small bowl take sambhar powder (I used MTR sambhar powder) and coriander powder & mix it with little water stirring to make smooth consistency paste. Once pressure is released, add this masala mix and tamrind paste & stir
- 3 Take oil in tempering pan, add mustard seeds, Asafoetida, 1 tsp Mustard seeds, dry red chilly and curry leaves. Once seeds start to crackle, pour it in cooked sambhar.
- 4 Add salt to taste in idli-batter. Oil idli plates & pour batter in each dip making sure not to fill it completely. Top it up with grated carrot, crushed cashews and mustard seeds. Set it in Idli cooker & let it cook for 10-15mins.

5 Serve hot.