

Sweet Idli

Ingredients

2 tasses Semoule, enrichie
 3/40 tasses NESTLÉ® EVERYDAY® lait en poudre entier
 2 cuillères à café Sucres, bruns
 2 cuillères à café Agents levants, levure chimique, faible teneur en sodium
 1/40 cuillères à café Épices, cardamome
 1/20 cuillères à café Extrait de vanille
 1/20 tasses Noix, viande de coco, séchées (desséchées), non sucrées
 1/40 tasses Beurre, sans sel
 1/20 tasses Eau, en bouteille, générique
 20 Raisins secs, sans pépins

Instructions

1. In a large bowl, combine the semolina, milk powder, sugar and cardamom powder and mix well
2. Add the melted butter little by little to form crumbs
3. Gradually add the water and continue to work the mixture until it turns into a smooth creamy batter. Add the vanilla essence and mix well
4. Grease the idli mould plates with butter. Place the mould in a water bath and verify that the plates do not come into direct contact with the water. Heat the water until it starts boiling.
5. Once the water starts to boil, place the batter into the mould, making sure not to over fill the plates (fill up to 3/4 as this will rise), and place a raisin in the middle of each idli.
6. Cover the water bath and cook for 20 mins on medium heat
7. Allow to cool and carefully remove each idli, sprinkle with powdered coconut

Nutrients

Les glucides	16.19
Énergie	208.33
Les graisses	5.9
Protéine	3.53

55 Minutes

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