

Recipe to build City Hall: Spicy Idli Pancakes



Ingredients

3 cups	par-boiled cooked rice
1 cup	urad dal (lentils)
1 1/2 tsp	salt
10	red chillies
100 g	ginger
	a decent bunch of coriander

Method

- Rinse rice and dal and soak in water for about 2-3 hours.
- Grind mixture in a blender, adding enough water to make a paste.
- Add salt, ginger, red chilli and coriander and keep it aside to get sour for 12 hours.
- Take two sizes of round Idli plates (small metal dish, like a flan case) and place a drop of oil in each Idli mould, spreading it over the entire mould.
- Heat two cups of water in a large pan or pressure cooker and place the filled Idli plates and cover with lid.
- Cook on high for about 20 minutes.
- Remove the plates from the pressure cooker and remove the Idlis.

Assembly

- Build up the total of 10 Idlis on top of each other, starting with a strong base and stacking the first five layers overlapping towards one side, the upper four with a smaller diameter to form a smaller overlap.
- Serve with mint sauce and/or savoury pilau rice.

Preparation time	15 hours
Cooking time	20 minutes
Building time	45 minutes

This recipe was designed by members of the Saathi Resource Centre for Lift's Eat London event on Saturday 28 April, 2007



Eastwards Trust – Saathi Centre

Saathi Resource Centre is part of the Eastwards Trust. The center is run for people over the age of 50. We organise different activities and have Health, Educational and Social Activities for our members on a daily basis. We do day trips and take part in events run in the community.

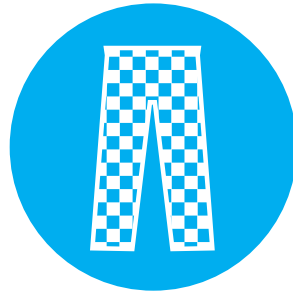
Most of our members are retired and have lots of spare time and don't cook as much as they used to. Eat London is a great opportunity for the members to do some creative work using food.

Saathi's participants include:

Bilal Ahmed, Halima Ahmed, Taj Begum, Anjali Bhattacharji, Lila Bhundia, Shamimara Choudhury, Renuka Khalique, Patrick King, Miss Mahindru, Arvind Patel, Shabana Qatir, Madhu Raichura, Taslima Rahman, Samsad, Dulal Sharma, Joginder Sharma, Mita Sharma and Mehbooban Umar.

Saathi's facilitator is: Martina von Holn.

To see more landmark recipes from Eat London visit www.liftfest.org.uk



Lift

