

Soft, lacy, and melt-in-your-mouth - *Idiyappam* is a timeless South Indian and Sri Lankan delicacy that brings simplicity and elegance to your plate. Often served with coconut milk, vegetable stew, or spicy curries, this steamed rice noodle dish is a breakfast favourite that's light on the stomach and rich in satisfaction.

What Is Idiyappam?

Also known as *String Hoppers*, Idiyappam is made from rice flour that is pressed into noodle form and steamed to perfection. With its light texture and versatile pairing ability, it has earned a loyal place in traditional kitchens from Tamil Nadu to Kerala and beyond.

How to Make Idiyappam: The Traditional Way

□ Ingredients:

- 1 cup rice flour (roasted or idiyappam flour)
- 1 ¼ cups water
- 1 tsp coconut oil or ghee
- ½ tsp salt

□ Method:

1. **Boil water** in a pan with salt and coconut oil.
2. **Add rice flour** slowly to the boiling water, stirring continuously to form a smooth, soft dough.
3. Let the dough **cool slightly**, then knead it briefly until pliable.
4. Place the dough in an **idiyappam press** and squeeze out thin noodles onto idli plates or banana leaves.
5. **Steam** for 8-10 minutes in an idli steamer.
6. Serve hot with coconut milk or curry.

□ Ayurvedic Benefits

1. Made from **rice**, a *tridosha-balancing grain* when prepared light and steamed.
2. Ideal for **Pitta** and **Vata** types when served with cooling coconut milk or mildly spiced stew.

3. **Steamed food** is sattvic – easy to digest, promotes clarity of mind, and supports Agni (digestive fire) without overheating.
4. When paired with coconut milk, it nourishes **ojas** (vital essence) and promotes calmness.

□ Pro Tips from the Indian Kitchen

- Use **roasted rice flour** or idiyappam-specific flour for best texture.
- Keep the dough **soft and moist** – too dry, and it'll break; too wet, and it won't press well.
- Add a spoon of **ghee** to enhance aroma and softness.
- Freshly grated coconut on top adds a lovely crunch and sweetness.
- To save time, steam them over **banana leaves** for added flavour and authenticity.

□ Why We Love Idiyappam

We love **Idiyappam** for its delicate texture, simplicity, and the way it soaks up flavor with grace. These soft, steamed rice noodle nests are light on the stomach yet deeply satisfying, making them perfect for breakfast or dinner. Whether paired with coconut milk, vegetable stew, or a spicy curry, Idiyappam beautifully complements any accompaniment without overpowering it. It's a dish that feels both comforting and refined — a quiet reminder of traditional South Indian and Sri Lankan kitchens, where care and patience transform humble rice flour into something truly special.

□ Ideal For

- Breakfast, brunch, or light dinner
- Ayurvedic detox or sattvic diet plans
- Festive occasions, vrat days, or **post-illness recovery meals**
- Kids and elders who prefer soft, non-spicy food
- Pairing with stews, chutneys, or simply coconut milk and jaggery

