

Pasiparuppu Javarisi Payasam / Moong Dal Sago Payasam



Pasiparuppu Javarisi Payasam / Moong Dal Sago Payasam is a traditional and delicious South Indian dessert made with moong dal, sago, jaggery, ghee and nuts. I love any kind of payasam. Usually I make [pasiparuppu payasam](#) or [sago payasam](#) or [pumpkin payasam](#) during festivals. Two months back, when my mother in law made this Pasiparuppu javarisi payasam for amavasai, I loved it to the core. They are fingerlicking good and tasty.

Love the idea of adding sago along with moong dal. Both are very good for health and it cools our body. Yesterday was our wedding anniversary so I made this payasam using pressure cooker and I used coconut milk which makes it more rich and flavorful, we both loved it. Try this easy payasam for any special occasion and let me know in comment box how it turned out.

How to make Pasiparuppu Javarisi Payasam

Ingredients for Pasiparuppu Javarisi Payasam

1/3 Cup of Moong Dal

1/4 Cup of Sago

3/4 Cup of Jaggery

Pinch of Salt

1 Tbsp of Ghee

2 Tbsp of Coconut, Grated

2 Tbsp of Thick Coconut Milk

3 Cardamom, Crushed

Few Cashews and Raisins

Method for Pasiparuppu Javarisi Payasam

In a pan, dry roast the moong dal until they turn golden brown and aromatic. Transfer it to a bowl, add sago and water and soak it for 1/2 hr.

In a pressure cooker, add dal, sago, salt and enough water, about 1.5 cups. Cook for 3 whistles and turn off the flame.

In a pan, add jaggery and 1/2 cup of water, cook in a medium flame until jaggery dissolves completely. Strain it and keep it aside.

Heat another pan, add a 2 tsp of ghee, when it is hot, add cashews, raisins, fry well until it turns golden brown, add coconut, fry for a min and transfer it to a plate.

Open the lid of the cooker, heat the cooker, in a medium flame, add jaggery and mix well, boil it for 3-5 mins.

Add roasted cashews, raisins, coconut, crushed cardamom and remaining ghee, mix well. Cook it for a min.

Finally add coconut milk, give a quick stir and turn off the flame.

Serve payasam hot or cold.

Tips

Dry roasting the moong dal gives an aromatic flavor.

After you add coconut milk, do not boil it for long time, it starts curdling.

If you don't have coconut milk, add cow's milk to payasam.

Adjust sweetness according to your taste..I prefer payasam to be more on sweeter side so I added 3/4 cup.

Add any nuts of your choice like almonds or walnuts.

I used pressure cooker , you can also make it in pan. But it takes little more time.

Moong Dal Sago Payasam



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