

ADHIRASAM RECIPE (□□□□□□□)
USING JAGGERY

Adhirasam



Adhirasam is a traditional tamil sweet prepared during Diwali.

This delicious south Indian delicacy adhirasam recipe is made with homemade rice flour and jaggery. This is my all time favourite sweet and I love to eat grand snacks adhirasam. Making of adhirasam is a long time dream for me. Last two diwali, I tried it in my home it was a big flop. My mom makes best adhirasam so I learnt the secret of making adhirasam from her. The secret of getting perfect adhirasam lies in the usage of homemade rice flour and jaggery syrup consistency. You can also make adhirasam with sugar. Also refer the tips section for more tricks to get perfect soft adhirasam. If you are a beginner, love to eat adhirasam, thinking to try at home. Then do try this diwali special sweet in your home.

How to make soft and crispy Adhirasam

Ingredients for Adhirasam Recipe

Preparation Time: 25 Mins + resting time 1-2 days Cooking

Time : 30 mins Serves :9

- 1 Cup of Raw Rice Flour
- 3/4 Cup of Jaggery(pagu Vellam)
- 1/4 Tsp of Dry Ginger Powder
- 1 Pinch of Cardamom Powder
- Oil to deep fry

Method for Adhirasam Recipe

To make rice flour

- Wash and soak rice for 2 hrs. Drain the water completely and spread it in a clean white cloth, so that it will absorb the excess water. After 30 mins, it shouldn't dry completely. Moisture should be there. Grind it along with dry ginger powder and cardamom in a mixer to flour (not too fine not too coarse) and now sieve it.
 - If you have rice mill near to your house, then grind it there for adhirasam.

Preparation of Jaggery

- Take jaggery and grate it. I used pagu vellam which is available in stores to make adhirasam. To the pan, add grated jaggery and water to immerse. Bring it to boil, after it completely dissolved, switch off. Filter it to remove impurities.



Making of Jaggery Syrup

- In a pan, add filtered jaggery, start heating in the medium flame, stir occasionally and keep checking the syrup consistency. To check syrup consistency, take a cup of water, pour a tsp of jaggery syrup into it, you can see fine thread in a beginning stage, when you touch it will get dissolved. Later, when your jaggery turns thick, now pour jaggery syrup in water, it won't get dissolved, just collect it with your finger, you will get soft ball (uruttu patham), that is a right consistency, in that stage you can see lot of foam in jaggery syrup. Just turn it off immediately.



- pour the flour to the jaggery syrup and keep mixing with a laddle. Dough should be loose. After 3-4 hrs, dough turn thick, just knead it and let it rest for 1-2 days. if you want to keep more than that, keep it refrigerated. But I left it



for one day.

Making of Adhirasam

- Take a dough and divide into equal parts.
 - Meanwhile, heat a pan with oil to deep fry, once the oil is hot, reduce it to medium flame.



- Grease the zip lock bag with ghee and flatten the dough with your hands. Carefully drop it in the oil.
- Fry it until it turns nice brown colour. While taking out, use another laddle and press it to squeeze out excess oil. Place it in filter paper. Repeat the process for the rest of the dough.
 - Hot adhirasam is ready to serve.



Tips

- Always use homemade rice flour to get nice adhirasam.
- If adhirasam split while frying, then you had added more jaggery to it.
- Dough should be loose, if it is tight, then you will get hard adhirasam. In that case, add little more milk or jaggery syrup.
- Resting the dough for atleast overnight, is important.
- Get paggu vellam to get soft adhirasam.
 - Jaggery syrup consistency is more important, you should get soft ball consistency, if you exceed that stage, then you will get hard adhirasam. If you remove before soft ball consistency, then your adhirasam will get break while frying.
- Always cook in medium low flame for even cooking. Don't fry it for longer time.
- Some raw rice needs more jaggery syrup, for safer side, always make little more jaggery syrup.
 - If your adhirasam is hard, just microwave it for few secs.
- Don't use store bought rice flour to make adhirasam. Use only homemade flour. Flour should be moist enough to make adhirasam.
 - You can use any type of raw rice.
 - Colour of adhirasam depends on the colour of jaggery.



Tags : [adhirasam](#), [adhirasam recipe](#), [soft and crispy adhirasam recipe](#), [how to make soft adhirasam](#), [prepare adhirasam for diwali](#), [grand snacks adhirasam recipe](#), [diwali sweets](#), [traditional south indian diwali sweets](#), [tamil sweets.](#), [adhirasam using jaggery](#), [adhirasam not coming well](#), [adhirasam seivadhu eppadi](#)

POOSANIKAI PAYASAM / PUMPKIN KHEER



Poosanikai Payasam / Yellow pumpkin kheer / gummadi kaya payasam is an easy to make payasam recipe during festivals

occasions like diwali or vijadhasami or ayudha pooja. In north India, this payasam is also called kaddu ki kheer. Halloween time in US, so you can see lot of yellow pumpkin in shops. You can make lot of recipes with yellow pumpkin like sambar, kuzhambu, curry or halwa.

To make yellow pumpkin kheer, you need yellow pumpkin, sago, sugar, cardamom, nuts and ghee. You can also use white pumpkin in place of yellow pumpkin while making payasam. But I prefer yellow pumpkin. This pumpkin kheer is very simple and delicious in taste. Today I am sharing simple and classic poosanikai payasam recipe.

How to make yellow pumpkin payasam recipe

Preparation Time : 15 mins Cooking Time : 10 mins Serves : 4

Ingredients for Yellow Pumpkin Kheer

To Pressure Cook

- 2.5 Cups of Yellow Pumpkin, Chopped
- 1.5 Cups of Water
- 2.5 Tbsp of Sago

Other Ingredients

- 1 Cup of Milk
- 2/3 Cup of Sugar
- 3 Cardamom
- 2-3 Tbsp of Ghee
- Cashews or Almonds as needed
- Few Raisins
- Few Saffron Strands

Method for poosanikai payasam

- Clean, peel the skin and cut the pumpkin into pieces.
- In a pressure cooker, add pumpkin pieces, sago and water. Cook it for 5 whistles. After 10 mins, open the lid, mash it with a masher. Do not grind it in mixie.
- Heat a pan with ghee, fry the cashews or badam and raisins. Keep it aside.
- Turn on the stove, place the cooker, add milk and sugar, let it boil for 10 mins. Turn off the stove and add fried cashews, raisins. Finally garnish it with saffron.
- Serve hot or cold.

Tips

- Adjust sugar according to your taste
- You can use canned pumpkin puree in place of freshly chopped pumpkin pieces.
- To make your paysam even more rich and tasty, add condensed milk to it.
- Use jaggery instead of sugar for sweetness.
- To get creamy or nutty taste, add coconut bits or coconut milk.

Poosanikai Payasam



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KALKANDU SADAM RECIPE / SWEET PONGAL



How To make Kalkandu

Pongal Recipe (கல்காண்டு பongal)

Time is flying and my blog FoodyBuddy turned 2 today...Happy Birthday FoodyBuddy !!!!!

I sincerely thank all my fellow bloggers, enthusiasts, friends, foodies, casual visitors, family members and critiques as I progress in this virtual world of blogging ...This certainly has enriched my life, added color and has certainly given me something useful to share back with the community . Besides sharing my recipes , I have also learnt a lot in cooking techniques and has enriched my knowledge in food photography and presentation skills ...Finally it is certainly a feeling of joy and comfort to learn that the recipes you share is appreciated by folks from the far corners of the world and I do want to thank my husband and my family for their constant support and appreciation ...

To enjoy this beautiful day I have posted traditional south Indian sweet recipe – **Kalkandu sadam Recipe / Kalkandu pongal**. I love all kinds of pongal varieties but my favourite are kalkandu pongal and sakkarai pongal. I really like unique taste and the flavour of this pongal, the sweetness from sugar candy just remains in tastebuds for long time. Kalkandu sadam is given as prasatham in temples and many people offered to god during pooja.

To **make this kalkandu pongal**, all you need is rice, sugar candy, ghee and nuts. For rice, you can use raw rice or basmathi rice. Here I used small kalkandu, you can also use big sugar candy to make this sweet.

Try out this delicious and mouthwatering kalkandu sadam recipe, it just tastes divine.

Preparation Time : 10 mins Cooking Time : 15 mins

Serves : 4

Ingredients for kalkandu sadam recipe

- 1 Cup of Raw Rice
- 2 Cups of Kalkandu (Sugar Candy)
- 1 Cups of Milk
- 2 Cups of Water
- 4 Tbsp of Ghee (Clarified Butter)
- 3 Cardamom, Crushed
- Few Cashews and raisins
- Few Strands of Saffron

Method for Kalkandu Pongal Recipe

- Soak the rice for 1 hr and keep it aside.
- In a mixie, add kalkandu (sugar candy) and grind it to a fine powder.
- Heat a pan with ghee, roast the cashews and raisins until it changes colour.
- Wash the rice and add milk and water. Pressure cook this for 4 whistles. After it is done, mash the rice with the back of the ladle or use masher.
- In a medium flame, add kalkandu powder followed by ghee, keep stirring and mix well with rice. Finally add crushed cardamom, cashews, raisins and saffron. Mix well and turn off the flame.
- Serve hot with generous amount of ghee...It tastes yummy and heavenly in taste.

Tips

- You can add 1/4 cup of moong dal along with rice while pressure cooking. This step is optional.
- For sweetness, you can add jaggery along with sugar candy. Some people do like that.
- Instead of powdered sugar candy, you can add as such, as

- it will melt when you heated up.
- Add any nuts of your choice.



Kalkandu
Sadam

Tags : [kalkandu sadam](#), [kalkandu sadam recipe](#), [kalkandu pongal](#), [kalkandu pongal recipe](#), [how to make kalkandu pongal recipe](#), [prepare kalkandu sadam](#), [prepare kalkandu pongal](#), [sweet pongal recipe](#), [kalkandu sakarai pongal](#), [sugar candu pongal](#), [rock candy pongal](#), [sweet recipe with kalkandu](#), [recipe with sugar](#)

candy, easy pongal recipe, pongal festival recipe.