

KARUPATTI MITTAI RECIPE / CHENNI MITTAI RECIPE (TIRUNELVELI STYLE)



Karupatti mittai recipe / Chennai Mittai recipe / Palm Jaggery Swirl Sweet is an authentic south Indian diwali sweet. This is my father's favorite recipe. I wanted to post some traditional south Indian sweets so when I was talking to appa (dad) the other day, he gave me 2 recipe ideas, one is karupatti mittai and second one is [mundhirikothu recipe](#) which I shared

yesterday. Making karupatti mittai is really fun and easy. You can make this sweet with available ingredients like rice and urad dal. For sweetness, you can use karupatti (palm jaggery) or chenni (sugar). One of my American friend Darlene came to our home, she tasted and said it was awesome, she totally loved karupatti mittai. I love both karupatti and chenni mittai. Bored with jangri or jilebi then try this for coming diwali , you will love it and let me know your feedback.



How to make karupatti mittai recipe

[Adapted from Kitchen Rhapsody](#)



KARUPATTI MITTAI RECIPE / CHENNI MITTAI RECIPE (TIRUNELVELI STYLE)



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Prep time

45 mins

Cook time

45 mins

Total time

1 hour 30 mins

KARUPATTI MITTAI RECIPE / CHENNI MITTAI RECIPE (TIRUNELVELI STYLE) is a very traditional south Indian diwali sweet made with rice, urad dal and palm jaggery

Author: Gayathri Ramanan

Recipe type: sweets

Cuisine: Indian

Serves: 25

Ingredients

- 1 Cup of Idly Rice
- $\frac{1}{4}$ Cup of Urad dal
- 1 Cup of Karupatti (palm jaggery) to make karupatti mittai
- 1 cup of Sugar (chenni) to make chenni mittai
- 2 cardamom, crushed
- Pinch of dry ginger powder
- Pinch of Salt

Instructions

1. Soak both the idly rice and urad dal for overnight. Next

day morning, wash both dal and rice, grind it in a grinder for 30 mins by adding very less water until the batter turns soft like that of dosa batter consistency.

2. Grate the karupatti (palm jaggery) with knife.
3. Meanwhile, heat karupatti (palm jaggery) with water, mix it well, until it melted. Filter it to remove impurities. Heat the same pan with filtered palm jaggery, heat it for 6 mins till it turns syrupy. Now add cardamom, salt and dry ginger powder, mix well.
4. Take a ziploc bag, put hole in the center (refer the picture), pour the batter into the bag.
5. Heat a shallow pan with oil to deep fry, pipe the batter into a hot oil, cook on medium heat until it done. It has to be in pale in colour.
6. Now placed the mittai in warm karupatti syrup for 2 mins until second batch is done. repeat the same process for the rest of the batter.
7. Similarly, heat the sugar with water, filter it and again heat it until turns syrupy. After you cook the mittai, dip it in a sugar syrup for 2 mins.
8. Yum yum karupatti mittai and chenni mittai are ready to enjoy. It tastes great when it is warm.

Notes

The batter has to be thick . Always add little water while grinding. The batter should be of right consistency like idly dosa batter.

Cook in a medium flame. Do not cook for long time it will turn hard and crispy. Do not under cooked you will end up in soggy mittai.

Adding dry ginger powder is optional, but if you add gives you a nice taste.



Tags: [karupatti mittai](#), [karupatti mittai recipe](#), [how to make karupatti mittai recipe](#), [prepare karupatti mittai recipe](#), [chenni mittai recipe](#), [how to make chenni mittai](#), [palm jaggery swirl sweet recipe](#), [easy diwali sweet recipe](#), [kids diwali recipe](#), [healthy diwali recipe](#).

[Beetroot Halwa Recipe / How](#)

to make Beetroot Halwa



Beetroot Halwa Recipe is a wonderful dessert loved by everyone prepared during all occasions like wedding, diwali or new year. This is easy and quick to make diwali sweet you can made in 30 mins made with beetroot, milk, sugar and nuts. This beetroot halwa has got beautiful magenta colour and wonderful taste. You should try this for coming diwali and let me know how it turned out. also check my [carrot halwa in stovetop](#) and [microwave gajar halwa](#)

How to make Beetroot Halwa Recipe

Beetroot Halwa Recipe / How to make Beetroot Halwa



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Prep time

15 mins

Cook time

30 mins

Total time

45 mins

Beetroot Halwa Recipe is a wonderful dessert loved by everyone prepared during all occasions like wedding, diwali or new year. serve with ice cream

Author: Gayathri Ramanan

Recipe type: sweets

Cuisine: Indian

Serves: 2

Ingredients

- 1 Cup of Beetroot (Grated)
- 1 Cup of Milk
- $\frac{1}{4}$ cup of Water
- $\frac{1}{3}$ Cup of Sugar
- 3 Cardamom
- Pinch of Salt
- Few Cashews (6)

- Few Roasted Almonds (3)
- Few Raisins
- 4 Tbsp of Ghee

Instructions

1. Wash and grate the beetroot.
2. Heat a pan with ghee, add cashews and raisins, roast it until it turns golden brown.
3. Heat a pan with ghee, saute the beetroot until raw smell vanishes.
4. Add milk and water, cook the beetroot on low flame, stir in between. Cook till the beetroot becomes soft and milk evaporates.
5. Add sugar and cook till sugar dissolves. Mix well with beetroot.
6. Add crushed cardamom, salt and stir it for few more secs.
7. Finally add nuts and ghee, mix it really well and turn it off.
8. Serve hot or warm.

Notes

You can use any nuts of your choice.

Adding ghee and milk gives richness to halwa.

Adjust sugar to your taste.

Use almond milk or coconut milk for vegan version.



Tags: [beetroot halwa](#), [beetroot halwa recipe](#), [how to make beetroot halwa recipe](#), [prepare beetroot halwa at home](#), [halwa with beetroot recipe](#), [easy diwali sweet](#), [halwa recipe for diwali](#), [kids recipe for diwali](#)

[Easy Munthiri Koothu Recipe / Mundhiri Kothu / Traditional Diwali Sweet](#)

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Munthiri Kothu

Easy Munthiri Koothu Recipe / Mundhirikothu / Green gram jaggery balls is a healthy, traditional south Indian Diwali sweet particularly famous in kanyakumari, tirunelveli and kerala. They are made with green moong dal, jaggery and coconut for inner filling, rice flour batter for outer covering. This sweet is very similar to another South Indian delicacy called suzhiyam (sugiyam), where cooked channa dal is used and they are soft in texture when you bite. But here in this recipe, roasted green dal is used for filling and it is little hard in texture and when you bite, they are really tasty. I never knew about this sweet and tasted before, when

I was talking to my father the other day, he told that his grandma used to make mundiri kothu for diwali. I asked my father, is it made with cashews (mundiri) ? He told it was made with green gram dal. I am not sure about the true meaning of munthirikoothu eventhough it is not made with cashews, so when I did google search, many says it means bunch of grapes in malayalam. Since this sweet is famous in tirunelveli district too, I asked one of my tirunelveli friend Ranjitha for Mundhirikothu recipe, she asked her mom and got the recipe for me. Thank you Ranjitha. You can make this mundirikothu during festival time like diwali or as evening tea time snack.

How to make Easy Munthiri Koothu Recipe



Munthiri Koothu Recipe / Mundhiri Kothu / Traditional Diwali Sweet



Green Gram

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Prep time

15 mins

Cook time

30 mins

Total time

45 mins

Easy Munthiri Koothu Recipe / Mundhirikothu / Green gram jaggery balls is a healthy, traditional south Indian Diwali sweet .

Author: Gayathri Ramanan

Recipe type: sweets

Cuisine: Indian

Serves: 9

Ingredients

- Inner Filling
- $\frac{1}{4}$ Cup of Green Moong Dal
- $\frac{1}{4}$ Cup + 1 Tbsp of Jaggery
- $\frac{1}{4}$ Cup of Coconut
- 1 Tbsp of Sesame Seeds
- Pinch of Salt
- Pinch of Dry Ginger Powder (optional)
- 2 Cardamom
- Outer Cover
- $\frac{1}{3}$ Cup of Rice Flour (store-bought)
- Water as required
- Pinch of Turmeric Powder
- Salt as needed

Instructions

1. Heat a pan, dry roast the green moong dal for 8 -10 mins in a medium flame, stir continuously until they turn golden brown colour. Transfer this to a plate and allow it to cool.
2. In the same pan, add sesame seeds, roast it till you hear crackle sound and changed to golden brown colour. Transfer it to another plate.
3. Heat the same pan, add jaggery and water, allow it boil until it completely dissolves. Strain it to remove impurities and transfer it to the same pan, let it boil for 6 mins in a medium heat, finally add coconut, dry ginger powder and cardamom, stir everything well. Transfer it to a bowl.

4. Now take a blender and add roasted green gram dal, grind it little coarsely, it should look like semolina.
5. Transfer this to a coconut-jaggery bowl, add roasted sesame seeds and salt, mix everything together.
6. Make equally sized balls out of the mixture and leave it aside for 30 mins. You can also keep it for 1-3 hours for setting. Now the balls are little hard, don't worry they are supposed to be.
7. For outer cover, add rice flour, turmeric powder, salt and water, mix everything well. The batter should be in dosa batter consistency.
8. Meanwhile heat a pan with oil to deep fry, dip the moong balls in this rice batter, make sure the balls covers well with batter and gently put this oil, deep fry cook both sides until it turns golden colour. Repeat the same process for the rest of the balls.
9. Hot, delicious mundhirikothu is ready for diwali.

Notes

I didn't wash the dal, if you want, you can wash it, dry it and then roast it.

Always fry it in a medium flame.

Adjust the amount of jaggery according to your taste.

store it in an airtight container and keep it for a weeks.

For outer covering, you can use homemade rice flour or store bought rice flour or maida.

Adding dry ginger powder for easy digestion. if dont want, avoid it.

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Green Gram Jaggery Balls

Tags: [mundhirikoothu](#), [mundhirikoothu recipe](#), [how to make mundhiri koothu recipe](#) [prepare mundhirikoothu](#), [munthiri kothu recipe](#), [south Indian traditional sweet recipe](#), [healthy sweet recipe](#), [diabetic sweet recipe](#), [diwali sweet recipe 2015](#), [Indian dessert](#), [kerala sweet recipe](#),