

# Jigarthanda Popsicle Recipe / Madurai Jil Jil Jigarthanda Kulfi



[Jigarthanda](#) is a popular milk based energy drink sold in many

restaurants and road side shops in south India. Jigar means “liver /heart /mind” Thanda means “cooling”. Jigarthanda Popsicle is prepared with almond tree gum (Badam Pisin), nannari syrup, milk and sugar. I already posted the [authentic madurai Jigarthanda recipe](#) in my blog. This is my favourite drink and I will never miss this drink when ever I go to Madurai.

Coming to the jigarthanda popsicle recipe, here I used vanilla extract in place of nannari syrup and I used [condensed milk](#) in place of ice cream. I have no idea whether this jigardhanda popsicle available in shops, this is my own creative recipe by following the jigarthanda recipe. The idea of making this popsicle was in my mind for long time, at last I tried it last week. **Woo-oooh**, it was so rich, creamy and yummy. Here in US, summer has started it’s getting hot so this madurai jil jil jigarthada kulfi helps me to cool the body instantly. I bet the kids will love this for sure. Hope you will give this a try and let me know how it turned out. Also try my other popsicle recipes.

1. [Homemade Kulfi](#)
2. [Pineapple Popsicle](#)

Badam Pisin



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[How to make Jigarthanda Popsicle Recipe](#)

**Madurai**  
**ಜಿಗಿ ಜಿಗಿ ಜಿಗಾರ್ಥಾಂಡಾ**  
**Popsicle**



Jigarthanda Popsicle



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Prep time

8 hours

Cook time

30 mins

Total time

8 hours 30 mins

A creamy and yummy Jigarthanda popsicle is a milk based popsicle made with badam pisin, vanilla extract, milk and sugar.

Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: Indian

Serves: 3 popsicle

Ingredients

- 4 Tbsp of Badam Pisin from 2 small stones
- 5 Tsp of Sugar
- $\frac{1}{4}$  Cup of Condensed Milk
- 2 Cup of Full Fat Milk reduced to  $\frac{1}{2}$  cup of milk
- 1 Tsp of Vanilla Extract
- Pinch of Salt

Instructions

1. Soak the badam pisin in water for overnight or until it blooms.
2. Boil the milk in a heavy vessel on a slow flame to prevent burning. Boil till the milk reduced to  $\frac{1}{2}$  cup milk. Let it cool for 30 mins.
3. Now to the milk, add sugar, condensed milk, badam pisin,

salt and vanilla extract. Mix everything well with a whisk.

4. Pour this into a mold and freeze it for overnight.

5. Rich, creamy and yummy jigarthanda popsicle is ready to serve.

#### Notes

If you don't get badam pisin, try it with agar agar.

Add ice cream or store bough paal kova in place of condensed milk.

You can replace vanilla extract with nannari syrup or rose essence.

If you like nuts, add your favourite chopped nuts.

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Tags: [jigarthanda recipe](#), [jigardhanda popsicle](#), [jigarthanda popsicle recipe](#), [jigarthanda kuchi ice](#), [madurai jigarthanda](#)

[popsicle](#), [jigarthanda cool drink popsicle](#), [how to make jigarthanda popsicle](#), [prepare jigarthanda popsicle](#), [authentic madurai jil jil jigarthanda popsicle](#)

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## [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 finger-licking 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 a 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 the 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



Tags: [pasiparuppu payasam](#), [pasiparuppu javarisi payasam](#), [moong dal payasam](#), [moong dal sago payasam](#), [pasiparuppu payasam recipe](#), [moong dal kheer recipe](#), [how to make pasiparuppu javarisi payasam](#), [prepare pasiparuppu javarisi payasam](#), [payasam recipe](#), [easy payasam recipe](#), [south indian payasam](#), [payasam with coconut milk](#), [traditional payasam recipe](#)

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# Pineapple Popsicle / Summer Treat for Kids

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# Pineapple Popsicle

Popsicle season is back. So I made this easy, delicious Pineapple Popsicle. These Popsicle are so yum and refreshing. With just 3 ingredients, you can make this pineapple popsicle

at home easily. This is a perfect summer treat for kids and adults. Enjoy this frozen pineapple pop on hot summer day. Also check my [paal ice / milk popsicle/ Homemade Kulfi](#)

# How to make Homemade Pineapple Popsicle

## Ingredients for Pineapple Popsicle

Preparation Time: 10 mins Freezing Time: 4hrs Serves:1

- 150 gms(5oz) of Chopped Pineapple
  - 1/4 Cup of Full Fat Milk
  - 2 Tbsp of Sugar or Honey

## Method for Pineapple Popsicle

- Remove the skin with knife, wash and chop the pineapple into small pieces.
- In a blender, add chopped pineapple, milk and sugar/honey, blend it to a smooth purée.
- Transfer this purée to a Popsicle mold or paper cups like I did.
- Freeze it for 4 hrs or overnight. After 1/2 hr, insert the Ice cream stick in the middle of the cup, then freeze it again.
- Then carefully show the bottom part of the cup in running tap water, set aside for 2 mins then slowly remove it from the cup.
  - Serve immediately.

## Tips

- If you have Popsicle mold use them otherwise use paper cups or ice cube tray.
  - Freeze it 4 hrs or overnight.
- For de moulding, show the Popsicle in tap water, then carefully pull the sticks.
  - Adjust the sugar according to your taste.

# Pineapple Popsicle



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tags: [pineapple Popsicles](#), [Popsicle recipe](#), [summer treat Popsicles](#), [Popsicle ideas with pineapple](#), [fruit Popsicle](#), [homemade pineapple popsicle](#)