



## **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.

---

## Carrot Halwa Recipe / Gajar Halwa



### Carrot Halwa Recipe

This is my 300th post, to celebrate this special occasion, I made this carrot halwa. Carrot Halwa recipe is very famous Indian Dessert (sweet) in India. Gajar Halwa / Gajrala with milk is made across India on all special occasions like Diwali, New Year, holi and for family function. You can make carrot halwa in different ways like in pressure cooker, in microwave or in stove top. I already posted the recipe for [carrot halwa / gajar ka halwa in microwave](#). In this carrot halwa recipe, I used red Delhi carrots, you can use any

carrots to make this halwa like ooty carrots or the one which available in market. The carrots are cooked in milk, ghee and sugar in a slow flame in a open pan for an hour which turns into delicious and tongue tingling halwa. This carrot halwa was very pleasing to eyes and tastes heavenly with nuts on top. I personally love to eat carrot halwa with ice cream on top. Make this carrot halwa at home and enjoy...



### **Ingredients for carrot halwa**

- 12 Delhi Carrots, Grated
- 1 and 3/4 Cup of Sugar
- 5 Cardamom
- 1/4 Cup Ghee (clarified butter)
- 10 Cashews
- 1/2 Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrots



## Method

- Wash, peel and grate the carrots (gajar).
- Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
- In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
- After 25 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates

completely.

- Add cashews and mix well. Turn off the flame.
- Serve gajar halwa hot or cold.

### **Tips**

- Stays good in refrigerator for 2 days.
- You can also make [gajar \(carrot\) halwa in microwave](#).
- Another variation is use condensed milk in place of milk to get rich, delicious halwa.
- You can use any variety of carrots to make this halwa.
- Adjust sugar according to your taste.



## Gajar Halwa Recipe

### Health Benefits of Carrot

- Good for the eyes.
- Prevents cancer.
- Vitamin A and antioxidant in carrot protect the skin from sun damage.
- Prevents heart disease and stroke.
- It has anti-aging property.

Carrot Halwa Recipe / Gajar Halwa With Milk



[Save Print](#)

Prep time

15 mins

Cook time

35 mins

Total time

50 mins

This is my 300th post, to celebrate this special occasion, I made this carrot halwa. Carrot Halwa recipe is very famous Indian Dessert (sweet) in India. Gajar Halwa / Gajrala is made across India on all special occasions like Diwali, New Year, holi and for family function. You can make carrot halwa in different ways like in pressure cooker, in microwave or in stove top. I already posted the recipe for carrot halwa / gajar ka halwa in microwave . In this carrot halwa recipe, I used red Delhi carrots, you can use any carrots to make this halwa like ooty carrots or the one which available in market. The carrots are cooked in milk, ghee and sugar in a slow flame in a open pan for an hour which turns into delicious and tongue tingling halwa. This carrot halwa was very pleasing to eyes and tastes heavenly with nuts on top. I personally love to eat carrot halwa with ice cream on top. Make this carrot halwa at home and enjoy...

Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: Indian

Serves: 4

Ingredients

- 12 Delhi Carrots, Grated
- 1 and  $\frac{3}{4}$  Cup of Sugar

- 5 Cardamom
- $\frac{1}{4}$  Cup Ghee
- 10 Cashews
- $\frac{1}{2}$  Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrot

### Instructions

1. Wash, peel and grate the carrots (gajar).
2. Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
3. In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
4. After 20 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates completely.
5. Add cashews and mix well. Turn off the flame.
6. Yummy carrot halwa is ready.
7. Serve gajar halwa hot or cold.

### Notes

Stays good in refrigerator for 2 days.

You can also make gajar (carrot) halwa in microwave.

Another variation is use condensed milk in place of milk to get rich, delicious halwa.

You can use any variety of carrots to make this halwa.

Adjust sugar according to your taste.

---

## [Red Aval Laddu / Poha Ladoo Recipe](#)

*Red Aval laddu / Poha Ladoo is my most favourite among ladoos, it is such easy and simple recipe. This aval ladoo needs just*

*few minutes for preparation and with just 3 ingredients. So if you are looking for easy and quick sweet recipe for krishna jayanthi and Diwali, give this ladoo a try and let me know how it turned out.*



## Red Aval Laddu

**Preparation Time :** 15 mins  
: 10 ladoos

**Cooking Time :** 10 mins

**Makes**

# Ingredients

- 1 Cup of Red Aval
- 1/2 Cup of Powdered Sugar
- 1/4 Cup of Ghee (Clarified Butter)
- 2 Tbsp of Milk
- 10 Cashews, Chopped
- 3 Cardamom

# Method

- Heat a pan, dry roast the red aval over medium heat, until golden brown in colour. Let it cool down.
- Transfer the roasted poha to mixie jar and grind it finely. On the other side, grind the sugar and cardamon to a fine powder.
- Heat ghee, roast the cashews. In a bowl, mix ground aval (poha), sugar, melted ghee, milk and cashews. Mix well and make ladoo out of it.
- Yummy aval laddu is ready. Store it in an airtight container.

# Tips

- You can make ladoo with brown sugar or jaggery.
- Use white aval or red aval to make ladoo.
- Adjust the amount of sugar to your taste.
- Add ground coconut for great taste.

@foodybuddy



## Poha Laddoo Recipe

tags : aval laddu, easy aval laddu recipe, poha laddoo recipe, poha laddu, aval laddoo recipe, poha laddoo, easy poha laddu, krishna jayanthi recipes, aval recipes, poha recipes, sweets for krishna jayanthi, gokulashtami recipes, easy laddoo for krishna jayanthi, quick laddoo recipes