

# RICE COCONUT KHEER RECIPE WITH JAGGERY



Wishing you all Happy New Year...Arisi Thengai Payasam / Rice Coconut kheer recipe / Rice milk pudding with jaggery is a traditional payasam which we make during festival occasions like Diwali, New year. This arisi thengai payasam recipe /

Rice payasam recipe is a south Indian kheer made with rice, milk, coconut, jaggery, ghee and nuts. For sweetness, you can use either sugar or palm jaggery or jaggery. I really love this kheer because of coconut and ghee flavor. Try this quick and easy to make rice payasam with jaggery for any special occasions and enjoy !!!

## **INGREDIENTS FOR RICE COCONUT KHEER RECIPE WITH JAGGERY**

**Preparation Time : 20 mins    Cooking Time : 20 mins    Serves – 3**

- 1/4 Cup of Basmathi Rice
- 2 Cups of Full Fat Milk (Boiled and Cooled)
- 3/4 Cup of Water
- 3/4 – 1 Cup of Jaggery
- 2 Tbsp of Dessicated Coconut
- 1/4 Tsp of Cardamom Powder
- 10 Roasted Cashews
- 10 Raisins
- 5 Almonds
- 5 Saffron Strands
- 1 Tbsp of Ghee

## **METHOD FOR RICE COCONUT KHEER RECIPE WITH JAGGERY**

- In a pressure cooker, add 1 tsp of ghee and roast the rice until nice aroma comes. You can grind the rice coarsely at this stage, this is optional. You can even cook the rice like I did. Add roasted rice and 1 cup of milk, cook it for 3 whistles. Open the cooker after pressure releases on its own, add the remaining milk and switch on the flame again.
- In the mean time, heat a pan with little water and jaggery, wait until it completely dissolves. Once you

done and filter it. Keep it aside. In the same pan, add 1/2 tsp of ghee and add coconut, roast it and keep it aside.

- You keep on stirring the milk, after the milk turns thick, add melted jaggery and stir well.
- Add coconut, remaining ghee, cardamom powder, saffron strands and roasted nuts, mix well. Once you done, turn off the flame.
- Chill the payasam in fridge and serve cold. You can also serve hot after full course south Indian meals.

## **Tips**

- More you add rice, thicker the payasam will be. So add it accordingly.
- You can also add fresh coconut bits instead of dessicated coconut.
- For sweetness, you can use either sugar or palm jaggery or jaggery.
- You can also use milkmaid instead of milk.
- Add nuts of your choice.
- Colour of payasam depends on the quality of jaggery.



## Arisi Thengai Payasam

Tips: [arisi thengai payasam](#), [arisi payasam recipe](#), [rice payasam recipe](#), [rice coconut kheer recipe](#), [rice kheer recipe with jaggery](#), [rice payasam with coconut](#), [payasam recipe](#), [kheer recipe south indian](#), [how to make arisi payasam](#), [milk pudding](#), [payasam with jaggery](#).

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# Turmeric Milk – Home Remedy for Cold



Turmeric is one of my favorite spice in Indian Cooking because of its color and its amazing health benefits. Turmeric milk (Haldi ka doodh) is an ayurvedic drink to boost your health. It is usually taken at night before going to bed. This turmeric milk treats the lot of ailments like cold, cough, indigestion, IBS (Irritable bowel syndrome), crohn's disease

and headaches. Also it fight against various types of cancers and improves blood circulation.

To make turmeric milk, you need milk, turmeric, pepper and palm sugar. Key ingredient in turmeric called curcumin which has anti-oxidant, anti-septic and anti-inflammatory properties. Adding black pepper to turmeric spiced food enhances the bioavailability of by 1,000 times, due to black pepper's hot property called piperine. By mixing turmeric and black pepper together, you increase your body's absorption of the turmeric by 2000 %

With winter and flu season around corner, try this amazing drink – turmeric milk and let me know how it turned out.

## **Ingredients for Turmeric Milk**

- 1 Cup of Milk
- 1/2 Tsp of Turmeric Powder
- 1/2 Tsp of Black Pepper Powder
- 1/8 Tsp of Cardamom Powder
- 1/4 Tsp of Palm Sugar

## **Method for Turmeric Milk**

- Heat milk in a sauce pan for 5 mins, when it is hot, transfer it to a cup.
- Add turmeric powder, black pepper, cardamom powder and palm sugar. Mix well with a spoon until it get completely dissolved.
- Serve hot and enjoy.

## **Tips**

- You can use whatever milk. you prefer. If you are vegan, use almond milk or coconut milk.
- Use agave or honey to sweeten. I used palm sugar.

Tags: turmeric milk, turmeric milk recipe for cold and cough, how to make turmeric milk, home remedy for cold and cough, ayurvedic drink

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## Coconut Milk Biryani Recipe / Thengai Paal Biryani



*Coconut Milk Biryani*

Coconut Milk biryani / Thengai paal biryani is a simple, flavorful and delicious one pot meal which involves lesser efforts and with lesser ingredients. At home, we all love one pot meal dishes like pulao or biryani or any variety rice dishes. But of course biryani always top the list. Who doesn't like biryani with coconut milk ? the aroma itself makes us feel hungry, right ? If you want you can add any vegetables like peas or carrots and customize the recipe. I served it with [potato fry](#) and vathal.

Coming to **coconut milk biryani recipe**, this biryani has a predominant flavor of coconut milk, mildly spiced and with dollop of ghee absolutely it tasted rich and yummy.

This coconut milk biryani comes to my mind if I run out of any vegetables at home. This one pot meal perfectly fit the lunch box .

**Check out my other biryani recipes**

1. [Mushroom Biryani](#)
2. [Kuska Biryani \(Plain biryani without veggies\)](#)
3. [Vegetable Biryani in cooker](#)
4. [Vegetable Dum Biryani](#)

## **Ingredients for coconut milk biryani recipe**

**Preparation Time: 10 mins      Cooking Time:15 mins**

**Serves: 2**

- 1 Cup Rice (Basmati or Boiled Rice)
- 3 Tbsp of Ghee
- 2 Cloves
- 1 Cinnamon Stick
- 1 Cardamom
- 1 Bay Leaf

- 1/2 Tsp of Fennel Seeds
- Few Curry Leaves
- 1 Tsp of Ginger Garlic Paste
- 1 Big Red Onion, Chopped
- 4 Green Chilies, Slited
- 10 Mint Leaves
- 2 Cups of Thick Coconut Milk
- Salt to Taste

## Method for Thengai paal biryani

- Soak the rice in water for 10 mins for basmathi rice. Wash it in running tap water and keep it aside.
- Heat ghee in a pressure cooker, add cloves, cinnamon, cardamom, bay leaf, curry leaves and fennel seeds, fry it for few secs.
- Add ginger garlic paste, fry it until raw smell vanishes.
- Add chopped onion, fry it until it turns golden brown colour.
- Add green chilies and mint leaves, fry well for few secs.
- Add coconut milk, rice & salt, mix well. Pressure cook it for 3 whistles.
- Open the cooker, fluff it with a fork and switch off the flame.
- Delicious, hot yummy coconut milk biryani is ready to serve.

### Tips

- You can use store bought coconut milk or homemade.
- Adjust the number of green chilies according to your taste.
- Ghee adds a nice flavor to the biryani.
- Add your favorite veggies to the biryani.



**Thengai Paal  
Biryani**

Tags: [coconut milk biryani recipe](#), [thengai paal biryani](#), [how to make coconut milk biryani recipe](#), [plain biryani with coconut milk](#), [biryani recipes](#), [coconut milk recipes](#), [south indian biryani](#), [easy biryani with coconut milk](#), [thengaipaal](#)

[satham](#), [coconut rice](#).