Easy Suzhiyam Recipe / Diwali Sweet Recipe

Suzhiyam / Suzhiyan / Seeyam is a traditional deep fried sweet dish prepared during diwali. Suzhiyam is my favourite sweet since my childhood days and it is must in our house during diwali. Ingredients and method of making suzhiyam may vary from one place to other.

To make Sweet suzhiyam / seeyam recipe, you need channa dal, coconut, jaggery and cardamom for inner stuffing and for outer covering, I used maida batter. You can replace it with urad dal batter or rice batter for outer covering. You can also make savoury suzhiyam, by placing dal for stuffing.

Try this easy suzhiyam recipe for diwali, share it with your loved ones and enjoy.



Ingredients for Easy Suzhiyam / Suzhiyan Recipe

For Outer Covering

- 1 Cup of Maida
- 1/4 Tsp of Baking Soda
- Salt and water as required

For Inner Stuffing

- 1 Cup of Channa Dal (Bengal Gram)
- 1 Cup of Jaggery
- 3 Tbsp of Grated Coconut
- 3 Cardamom, crushed
- 2 Tbsp of Ghee

Method for Easy Suzhiyam / Suzhiyan Recipe

For Inner Stuffing

- Soak the channa dal for 1 hr. Pressure cook the dal for 3 whistles. The dal should be soft and hold its shape. Let it cool down, drain all the water, make sure there is no water in it and then grind it in mixie.
- Heat a pan with little water and add jaggery, stir well until you get 1 string consistency.
- Add channa dal paste, crushed cardamom, grated coconut and ghee to the melted jaggery. Mix everything until combined. Turn off the flame.
- Cool until the mixture thickens. Let the mixture cools completely.
- Divide the mixture into equally sized balls.

For Outer Covering

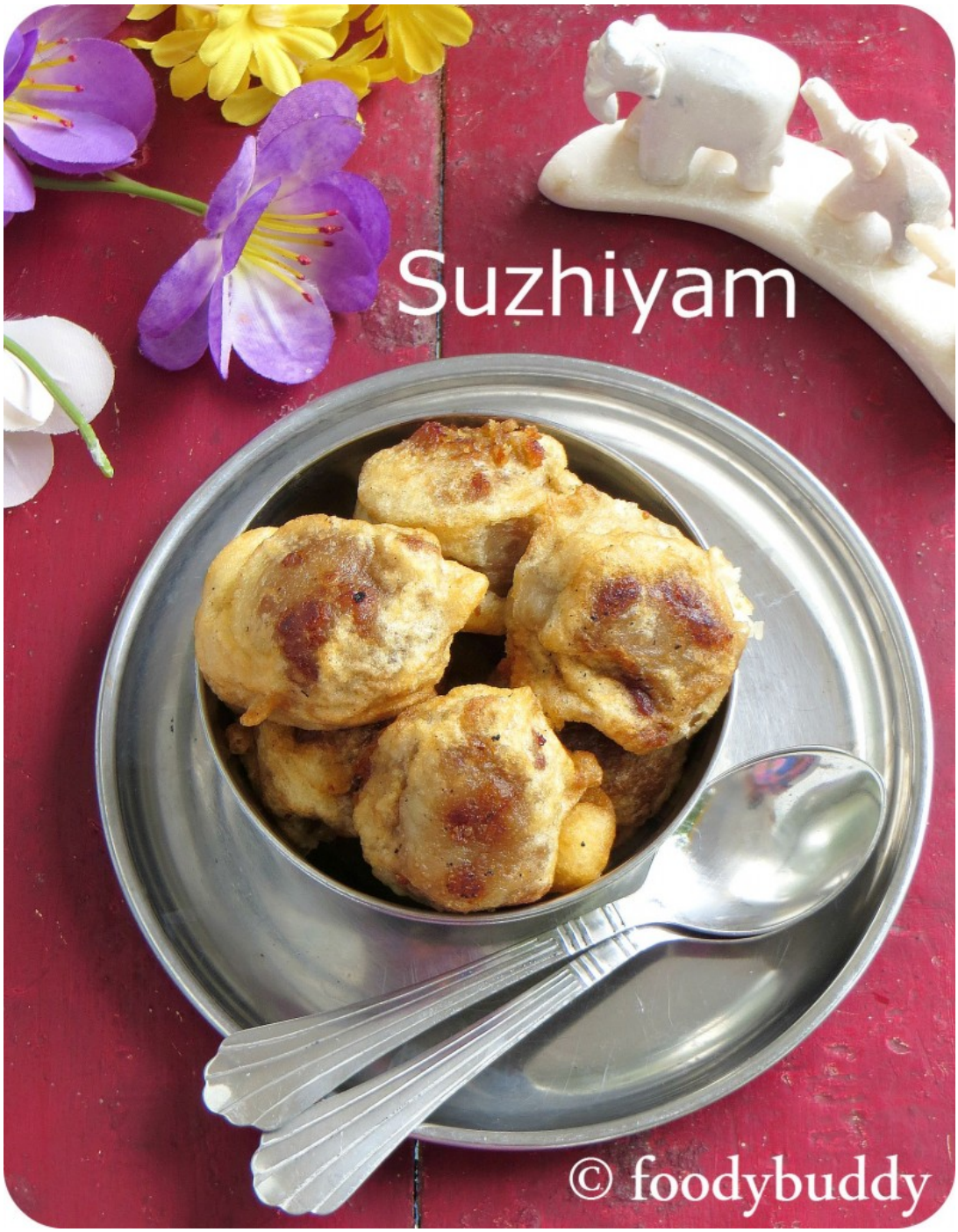
- In a bowl, mix maida, baking soda, salt and water to dosa batter consistency.

To Make Seeyam

- Heat oil in a pan to deep fry.
- Dip the balls one by one in the batter and drop them in hot oil.
- Fry them in a hot oil, cook on both sides and remove it from oil, drain them in paper towel.
- Yummy Suzhiyam is ready to serve.

Tips

- You can replace it with urad dal batter or rice batter for outer covering.
- You can stuff with green moong dal or any dal for savoury version.
- The batter shouldnot be runny, otherwise the seeyam will absorb more oil.



Tags : suzhiyam, suzhiyan, suzhiyam recipe, suzhiyam recipe in tamil, how to make suzhiyam recipe, easy suzhiyam recipe, suzhiyam meaning, suzhiyam seivathu eppadi, suzhiyam recipe blog, sweet suzhiyam, diwali suzhiyam, easy diwalisweets

Easy Ragi Almond Ladoo Recipe



Looking for some healthy sweet recipe for diwali, then try this easy ragi almond ladoo recipe. Ragi is called Finger millet in english. Ragi are rich in calcium, fiber and they are good for weight loss and to reduce cholesterol.

To make this ragi ladoo (pearl millet ladoo), you need some

ragi flour, sugar, ghee and nuts. You can use store bought ragi flour or sprouted ragi flour to make this ladoo. You can add powdered jaggery instead of powdered sugar for sweetness. Though they don’t look appetising, they are very nutritious and healthy ladoo recipe to make for diwali 2014.

How to make Ragi Almond Ladoo Recipe

Preparation Time : 10 mins Cooking Time : 10 mins Serves : 10 ladoos

Ingredients for Ragi Almond ladoo recipe

- 1 Cup of Ragi Flour (Finger Millet)
- 3/4 cup of Powdered Sugar
- 1 Tbsp of Milk
- 3 Tbsp of Ghee (Clarified Butter)
- 1/2 Tsp of Cardamom Powder
- Few Cashews to garnish.
- 7-10 Almonds

Method for Ragi Almond ladoo recipe

- Heat ghee in a pan, roast the almonds, grind it to a coarse powder.
- In the same pan, roast the ragi flour for 5 mins in a low flame. Transfer this roasted ragi flour to a bowl.
- Add powdered sugar, warm ghee, milk, powdered almond powder, cardamom powder, mix well .
- Take this mixture and roll into small laddos. Garnish with cashews.
- Yummy and healthy ragi laddo are ready to serve.

Tips

- You can add powdered jaggery instead of powdered sugar.
- Follow the same recipe to make kambu ladoo (pearl millet ladoo)
- While making ladoo, make sure the mixture is warm so that it binds.
- You can use any nuts of your choice like pistachios, hazelnut, walnut etc.
- To enhance taste of this ladoo, additionally you can add sesame seeds or peanuts.



.Tags : ragi ladoo, ragi ladoo recipe, ragi almond recipe, easy ragi ladoo, how to make ragi ladoo , prepare ladoo for diwali, pearl millet ladoo recipe, millet recipe, ladoo

recipe, easy diwalli sweet recipe, sweet recipe for diwali2014,

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POOSANIKAI PAYASAM / PUMPKIN KHEER



Poosanikai Payasam / Yellow pumpkin kheer / gummadikaya 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.



Tags : poosanikai payasam, pumpkin kheer, yellow pumpkin kheer, yellow pumpkin payasam recipe, how to make pumpkin payasam recipe, prepare poosanikai payasam, payasam recipes, kheer recipes, payasam recipe for festivals, tamil payasam recipe, kaddu ki kheer