Sweet Aval Pidi Kozhukattai Recipe



A Modak / Kozhukattai is a dumpling, which is more popular in India. Sweet aval pidi kozhukattai recipe have a special importance in the worship of Hindu God Ganesha's Birthday. Coming to the **sweet aval pidi kozhukattai recipe**, I have already posted the savory version of aval kozhukattai and this is a sweet version.

To make sweet aval pidi kozhukattai recipe, I used aval, jaggery, dates, grated coconut, cardamom and nuts. If you don't know how to make stuffed modak then you can try this easy kozhukattai recipe with Red aval and can make it in a jiffy. You can also use white aval to make this sweet pidi kozhukattai recipe.

Try this sweet aval pidi kozhukattai for vinayagar chaturthi and enjoy..

Ingredients for sweet aval pidi kozhukattai recipe

- 1 Cup of Red Aval / Sivappu Aval / Red Rice Flakes
- 2 Tbsp of Fresh / Dry Dessicated Coconut
- 3/4 Cup of Jaggery / Palm Jaggery
- 1/4 Cup of Dates
- 2 Cardamom
- 10 Roasted Cashews and Almonds
- 1.5 Cups of Water for soaking the aval
- 3/4 Cup of Water to dissolve the jaggery
- 2 Tsp of Ghee

Method for pidi kozhukattai recipe



- Soak the dates in hot water for 15 mins. Remove the seeds. In a blender, add dates and little water, grind it to a smooth puree.
- Chop the nuts to afine pieces.
- Soak the aval in 1.5 cups of water for 5 mins. Drain the water, mash the aval with a spoon and keep this aside.




- Dissolve the powdered jaggery in hot water and strain for impurities.
- In a medium flame, heat this jaggery water in a pan, add the dates puree, coconut and cardamom, allow it to boil.
- When it starts boiling, add the soaked aval,mix well and turn off the flame and then add ghee and nuts, stir well. Allow it to cool down for 10 mins.





- Apply little oil in your hands, take a small portion and roll it into a desired shape like cylindrical or triangular shape or circular shape and garnish with almonds and cashews.




- Steam it in a steamer or idly vessel for 5 minutes. Sweet aval kozhukkattai is ready to enjoy



Tips

- For a sweet taste, you can use palm jaggery or yellow jaggery.
- Addition of dates and ghee gives a nice taste to kozhukattai.
- If you don’t want dates, add 1 cup of jaggery instead.
- You can garnish with any nuts of choice.
- You can also use this as poornam.

Health Benefits of Sivappu Aval /Red Flakes

- Red rice flakes are very good for the people with heart disease, diabetes and weight loss.
- Jaggery acts as a digestive agent, used to cleanse the

body and provide a good amounts of minerals.

- Dates – Relief from intestinal disorders,good for heart, cures anemia and prevents stomach cancers.
- Cardamom improves digestion and prevents cancer.



Tags : Kozhukattai, pidi kozhukattai, pidi kozhukattai recipe, sweet aval pidi kozhukattai, how to make aval pidi kozhukattai, aval sweet kozhukattai, aval kozhukattai, kozhukattai recipe, step by step kozhukattai recipe, easy kozhukattai, Aval Recipe, Poha Recipe sweet aval pidi kozhukattai, sweet modak, vinayaga chatuthi kozhukattai Recipe, pidi kozhukattai for vinayagar chaturthi

KANDARAPPAM RECIPE |SWEET APPAM



Kandarappam recipe is a deep fried sweet appam recipe made with rice, dhal, cardamom, jaggery and coconut. This is a traditional Chettinadu sweet appam recipe made for all festival occasions.

To make kandarappam recipe, I used palm jaggery for sweetness. kandarappam really taste good when it is served hot, it is crispy on outside and sponge on inside. Also it tastes good on

next day. Try this delicious sweet appam and here is the recipe.

Ingredients for kandarappam recipe

- 1/2 Cup of Raw Rice(Pacha arisi)
- 1/4 Cup of Urad Dal
- 3/4 Cup of Jaggery, I used Palm Jaggery (Karupaati)
- Pinch of Salt
- 3 Tbsp of Grated Coconut
- 2 Cardamom, Powdered
- 3 Cups of Oil for Frying

Method for sweet appam recipe

- Soak the rice and urad dal in water for 2 hrs. Drain the water and wash it in tap water for 2 times. Leave it aside.
- Put it in a blender(mixie) and grind it to a fine, thick batter. Add cardamom, pinch of salt, jaggery and coconut, grind it for another 10 mins.
- Transfer the batter to a bowl, the batter should be in dosa batter consistency.
- Heat oil in a shallow pan, once it is hot, keep the flame in medium, slowly pour in spoonful of batter to the oil, when the appam rises to the top, turn it over, cook it for another 1 min and remove it from pan. Drain it in paper towel. It should be in brown color and got curled/wavy borders.
- Make the remaining kandarappam in the same way and serve hot.

Tips

- If your batter is watery, leave the batter in refrigerator for 30 mins and then start cooking.
- Adjust the amount of sweetness according to your taste.
- Always cook appam in a medium flame and fry one appam at

a time to get a nice shape and taste.

- If you are in diet, don’t want to deep fry ? then you can cook the appam in non stick paniyaram pan with less oil, I tried with this batter, it tastes yummy.

Health Benefits of Rice and Urad Dal

- Rice are rich in carbs, provides energy and good for brain.
- Urad dal provides energy to the body.
- Rich in protein.
- Enhances digestion because of high in fiber content in dal.
- Boost heart health because of high in magnesium level in dal.



tags : kandarappam, kandarappam recipe, how to make kandarappam , sweet appam recipe, prepare kandarappam, appam recipes for festivals, appam recipe for vinayagar chaturthi, festival sweeets.

Nankhatai – Eggless Indian

Cookies / Cookies Recipe



Nankhattai are short bread Indian cookies also called Nan khatai. It is a simple egg less cookies made with flour, semolina, sugar and ghee. Spices like cardamom added to give an extra zing to the cookies. You can add any nuts to garnish the cookies. Nankhattai are perfect accompaniment for afternoon tea or coffee.

Ingredients for Nankhattai

Servings : 15 Cookies

- 1/2 Cup of All Purpose Flour / Maida

- 1/3 Cup of Semolina (Sooji / Rava)
- 1/4 Cup + 2 Tbsp of Castor Sugar
- 1/8 Tsp of Baking Soda
- 1/4 Cup of Clarified Butter (Ghee)
- 2 -3 Tbsp of Milk
- 3 Cardamom, Powdered with mortar and pestle
- 1 Tbsp of Whole Wheat Flour
- Few cashew nuts

Method for Nankhattai

- In a bowl, add maida, whole wheat flour, castor sugar, cardamom powder, baking soda and sooji, mix it well with hand.
- Add ghee little by little and mix it with flour, once the ghee has mixed well with the mixture. Add milk, little by little, mix well till the dough is formed. Knead the dough till you get soft.
- Divide the dough into equal parts, and use palm of your hand and make little balls out of the dough, approximately you will get 15 balls.
- Cookies gets flat and cracked when you bake so your balls should be smooth and without cracks.
- Place the balls in a baking tray, using knife, make a dent at the top of the cookie dough balls. Garnish with cashew pieces.
- In the mean time, preheat the oven to 300 Degree F.
- Place the baking tray in refrigerator for 10 mins.
- After 10 mins, place the baking tray in oven for 20 -25 mins. My cookies took 22 mins to bake.

- Let them cool completely and enjoy with coffee or tea.
- Store the remaining cookies in an airtight container.



Tips

- If you find your dough is sticky, then add 1 or 2 tbsp of flour and then knead it..
- Keep an eye on cookies while baking, it should not turn to brown color.
- Adjust the amount of sugar according to your taste.

- Make castor sugar by grinding regular sugar.

Recipe slightly adapted from Chef Annuradha

