Sago Payasam / Javvarisi Payasam



Sago payasam / Javvarisi payasam is one of my favourite and also very easy to make payasam during festival occasions. You can make this sago payasam either in stove top or pressure cooker method. This javvarisi payasam is a classic sweet in India made on all important occasions like diwali and weddings. Try this sago payasam (sabudana kheer) and enjoy with your family. Wish you all a very happy "Tamil New Year "

Ingredients for sago payasam

- **1/4 Cup of Sago / Javarisi/ Tapioca**

- 2 and 1/2 Cups of Milk
- 1/4 Cup + 2 Tbsp of Sugar
- 1 Cup of Water
- 2 Cardamoms
- 1 Tsp of Ghee
- 7 – 10 Roasted Cashews

Method for javvarisi payasam

- Soak sago / javarisi for 1/2 – 1 hr and drain the water.
- Heat a pan with ghee, roast the cashews and keep it aside.
- Heat water in a heavy bottomed vessel, add the soaked sago and cook till it becomes soft.
- Add milk to it, let it come to rolling boil and simmer it for 10-15 mins.
- Add sugar and cardamom, bring it to boil again.
- Finally add cashews and give a quick stir. Switch off the stove.
- Serve it in a bowl, either hot or cold.



Tips

- You can add cream for a thick version of payasam.
- Adjust sweetness according to your taste.
- You can use either sugar or jaggery for sweetness.
- You can add saffron for extra flavor.
- Garnish it with raisins or almonds or pistachios.

Health Benefits of Sago

- Sago provides energy to body as it has carbohydrates content.
- Sago is also low in fat.

- **Traditional Indian medicine uses sago in combination with rice to cool the body. Therefore, sago can function as an herbal remedy to treat ailments resulting from too much heat, such as the production of excess bile.**



tags : sago payasam,javvarisi payasam,sabudana kheer recipe,javvarisi payasam recipe,sago payasam recipe,how to make javvarisi payasam,how to make sago payasam recipe,sago kheer,easy payasam recipes,tamil new year recipes,how to make sago kheer,prepare sago payasam

Cotton Candy S’mores- Kids Delight



The word “S’more ” originated when people asked for ” some more ” of crazy concoction of sweetness. A S’mores is a traditional nighttime campfire treat popular in United States and Canada consisting of roasted marshmallow and a layer of chocolate sandwiched between two pieces of graham cracker. cotton candy s’mores are deliciously sweet and favourite to everyone. I used cotton candy instead of marshmallow.Try this and let me know the feedback.

Ingredients

- Cotton Candy (Pink or White)
- Graham Crackers
- Chocoloate Bars



Method

- Break the graham biscuit into half.
- Break the chocolate bars into half and lay one on the biscuit.
- Place cotton candy and chocoloate bar sandwiched between the graham biscuit as shown in the pic. S'more is fully assembled, eat and enjoy..



Tips

- **You can have toasted marshmallow in place of cotton candy.**
- **You can spread peanut butter on one side of biscuit.**
- **You can experiment with different chocolate like plain milk chocolate, chocolate with almonds.**



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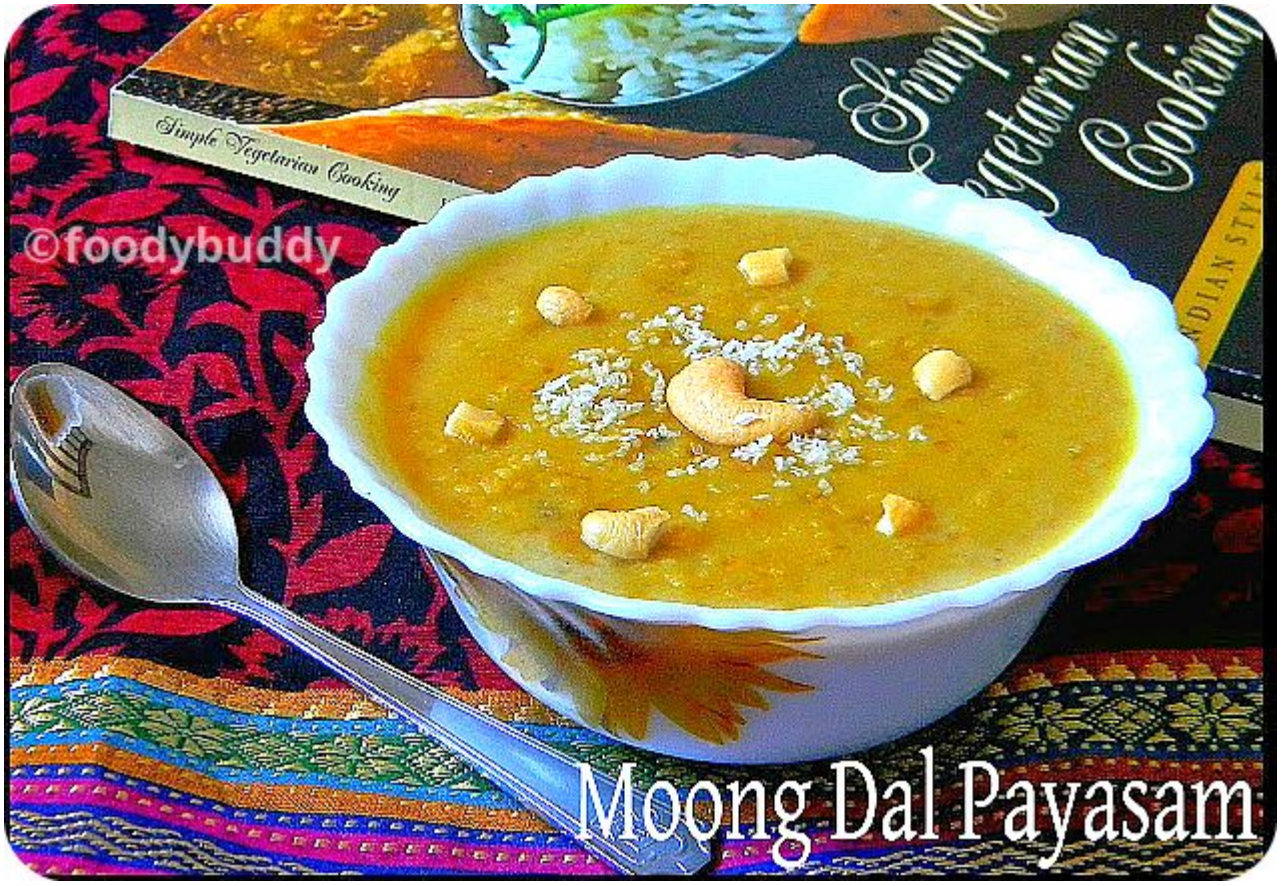
sending this recipe to [simply-food- lets cook for kids](#)
[Jagruthi cooking- choco full easter event](#)





Pasi Paruppu Payasam / Moong Dal Kheer

Pasi paruppu Payasam / Moong Dal Kheer is a lentil based Indian festival sweet recipe which is prepared with moong dal, jaggery and milk. This pasi paruppu payasam is very easy to make, protein rich and flavourful sweet prepared on important festival occasions like varalakshmi poojai. You can make this moong dal kheer either in a stove top or pressure cooker, but cooker is the easiest way to make this payasam. To make this payasam recipe, moong dal cooked in cooker, mashed, combined with jaggery syrup and finally flavored with ghee roasted cashews and cardamom. Serve this moong dal kheer either warm or cool. I love to drink cool kheer.



Ingredients

- 1/4 Cup (heaping) Yellow Moong Dal
- 1/4 Cup + 2 Tbsp of Jaggery
- 3/4 Cup of Milk
- 1/2 Cup of Water
- 2 Tbsp of Dry Coconut Flakes
- 1 Cardamom
- 2 Tsp of Ghee
- Few Cashews

Method

- In a pressure cooker, dry roast the moong dal until you get a nice aroma.
- Add 1 cup of water, cook it for 3 whistles. After done, mash it with a masher.
- In a heavy bottomed vessel, add ghee, fry cashews and coconut flakes, keep this aside. To the same pan, add enough water, let it come to rolling boil, add powdered jaggery to it, after it get dissolved, add mashed moong dal, mix well. Cook it for 2 mins.
- Add 1/4 cup of milk and cardamom to it. Cook it for another 2 -3 mins in a medium flame. After you get a thick consistency. Add fried cashews and coconut flakes to the hot payasam. Serve warm or refrigerate until chilled.
- Try this payasam and enjoy.

Tips

- You can cook fully in milk instead of adding water.
- You can make payasam really rich by adding coconut milk.
- Add ghee, fried coconut pieces in payasam for kerala touch.

- Add fried raisins or any nuts of your choice.
- If you are a sweet lover, increase the quantity of jaggery.

Health Benefits of Yellow moong dal

- They are high in fiber and protein, and low in fat. Eating lentils and other foods that are rich in soluble dietary fiber can help decrease high cholesterol.
- This dal is very good for pregnant ladies, kids and older people as it is easily digestible.

