Easy Munthiri Koothu Recipe / Mundhiri Kothu / Traditional Diwali Sweet



Easy Munthiri Koothu Recipe / Mundhirikothu / Green gram jaggery balls is a healthy, traditional south Indian Diwali sweet particularly famous in kanyakumari, tirunelveli and kerala. They are made with green moong dal, jaggery and coconut for inner filling, rice flour batter for outer

covering. This sweet is very similar to another South Indian delicacy called suzhiyam (sugiyan), where cooked channa dal is used and they are soft in texture when you bite. But here in this recipe, roasted green dal is used for filling and it is little hard in texture and when you bite, they are really tasty. I never knew about this sweet and tasted before, when I was talking to my father the other day, he told that his grandma used to make mundiri kothu for diwali. I asked my father, is it made with cashews (mundiri) ? He told it was made with green gram dal. I am not sure about the true meaning of munthirikoothu eventhough it is not made with cashews, so when I did google search, many says it means bunch of grapes in malayalam. Since this sweet is famous in tirunelveli district too, I asked one of my tirunelveli friend Ranjitha for Mundhirikothu recipe, she asked her mom and got the recipe for me. Thank you Ranjitha. You can make this mundirikothu during festival time like diwali or as evening tea time snack.

How to make Easy Munthiri Koothu Recipe



Munthiri Koothu Recipe / Mundhiri Kothu / Traditional Diwali Sweet



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Prep time
15 mins
Cook time
30 mins
Total time
45 mins

Easy Munthiri Koothu Recipe / Mundhirikothu / Green gram jaggery balls is a healthy, traditional south Indian Diwali sweet .
Author: Gayathri Ramanan
Recipe type: sweets
Cuisine: Indian
Serves: 9
Ingredients

- Inner Filling
- ¼ Cup of Green Moong Dal
- ¼ Cup + 1 Tbsp of Jaggery
- ¼ Cup of Coconut
- 1 Tbsp of Sesame Seeds
- Pinch of Salt
- Pinch of Dry Ginger Powder (optional)
- 2 Cardamom
- Outer Cover
- ⅓ Cup of Rice Flour (store-bought)
- Water as required
- Pinch of Turmeric Powder
- Salt as needed

Instructions

1. Heat a pan, dry roast the green moong dal for 8 -10 mins in a medium flame, stir continously until they turn golden brown colour. Transfer this to a plate and allow it to cool.
2. In the same pan, add sesame seeds, roast it till you hear crackle sound and changed to golden brown colour. Transfer it to another plate.
3. Heat the same pan, add jaggery and water, allow it boil until it completely dissolves. Strain it to remove impurities and transfer it to the same pan, let it boil for 6 mins in a medium heat, finally add coconut, dry ginger powder and cardamom, stir everything well. Transfer it to a bowl.

4. Now take a blender and add roasted green gram dal, grind it little coarssely, it should look like semolina.
5. Transfer this to a coconut-jaggery bowl, add raosted sesame seeds and salt, mix everything together.
6. Make equally sized balls out of the mixture and leave it aside for 30 mins. You can also keep it for 1-3 hours for setting. Now the balls are little hard, don’t worry they are supposed to be.
7. For outer cover, add rice flour, turmeric powder, salt and water, mix everything well. The batter should be in dosa batter consistency.
8. Meanwhile heat a pan with oil to deep fry, dip the moong balls in this rice batter, make sure the balls covers well with batter and gently put this oil, deep fry cook both sides until it turns golden colour. Repeat the same process for the rest of the balls.
9. Hot, delicious mundhirikothu is ready for diwali.

Notes
I didn’t wash the dal, if you want, you can wash it, dry it and then roast it.
Always fry it in a medium flame.
Adjust the amount of jaggery according to your taste.
store it in an airtight container and keep it for a weeks.
For outer covering, you can use homemade rice flour or store bought rice flour or maida.
Adding dry ginger powder for easy digestion. if dont want, avoid it.



Tags: mundhirikoothu, mundhirikoothu recipe, how to make mundhiri koothu recipe prepare mundhirikoothu, munthiri kothu recipe, south Indian traditional sweet recipe, healthy sweet recipe, diabetic sweet recipe, diwali sweet recipe 2015, Indian dessert, kerala sweet recipe,

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Pasiparuppu Laddu Recipe /

Moong Dal Ladoo Recipe



Pasiparuppu laddu Recipe / Moong Dal Ka Ladoo recipe / Nei urundai is an easy, protein rich, healthy diwali sweet (2015) that you can make it very quickly. You can also make this ladoo with green moong dal (pachaipayar) too. For sweetness, you can add either sugar or jaggery or honey, thats your choice. But here I used powdered sugar. Ghee gives a nice and wonderful taste to this ladoo, also helps in binding. Cardamom adds a flavor and nuts adds nice crunch taste. Try this easy ladoo for diwali, when you bite, it just melts in your mouth. So add it to your to do list for diwali, this moong dal ladoo is good for both kids and adults.

How to make Pasiparuppu Laddu Recipe

PasiParuppu Laddu Recipe / Moong Dal Ladoo Recipe



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Prep time
10 mins
Cook time
10 mins
Total time
20 mins

PasiParuppu Laddu Recipe / Moong Dal Ladoo Recipe is an easy, protein rich, basic and yummy ladoo, you can prepare it for diwali 2015. good for both kids and adults.
Author: Gayathri Ramanan
Recipe type: sweets
Cuisine: Indian
Serves: 15
Ingredients

- 1 Cup of Yellow Moong Dal
- 1 Cup of Powdered Sugar
- ⅓ Cup of Ghee (Clarified Butter)
- 3 Cardamom, Crushed
- Pinch of Salt
- Few Cashew Nuts

Instructions

1. In a pan, in a medium flame, dry roast the moong dal until it turns light brown colour. Let it cool down for 10 mins and grind it in a blender (mixie) to a fine powder. you can also sieve it, if you want. Then transfer it to a big bowl.
2. In a blender (mixie), add sugar and cardamom, grind it

to a fine powder. Transfer this to a same bowl.

3. Heat a pan with a tsp of ghee, roast the cashews until it turns golden brown color. Transfer this to a same bowl.
4. Melts the remaining ghee in a pan and transfer this to a same bowl. Mix everything together in hand or you can add little by little.
5. If it is hot, wait until you can handle the heat and start making laddu when it is warm.
6. Let it cool down completely and store it in an airtight container.
7. Yummy laddo is ready to eat.

Notes
Do not burn the dal while roasting. Always roast in a medium flame.
You can also use green moong dal in place of yellow moong dal.
Always add melted ghee and it has to be warm, so that shaping ladoo will be easy.
You can add any nuts of your choice like walnuts or almonds or even raisins.
Adjust the amount of sugar as per to your taste.
Add powdered jaggery instead of sugar for mild taste.



Tags: pasiparuppu laddu , pasiparuppu laddu recipe, moong dal ladoo, moong dal ladoo recipe, nei urundai recipe, how to make pasiparuppu laddu, prepare moong dal ladoo recipe, easy diwali sweet recipe 2015, ladoo recipe for diwali, pasiparuppu urundai, payanthamparuppu urundai, quick diwali recipes, healthy diwlai recipes for kids.

Mini Badhusha Recipe / Diwali Sweet Recipe



Badhusha is a super flaky popular Indian sweet loved by everyone because of its mild sweetness. This classic dessert is also called BALUSHAHI in northern part of India. It is prepared during festival occasions like diwali and other occasion like wedding. Badhusha is my amma's favourite sweet. It has got crispy outer covering and flaky, juicy and soft inner part. Five years back, when I first tried donut in US, it tasted almost like badhusha , same ingredients like all purpose flour, sugar and butter is used so obviously same taste This post is very special to me, as it was made by **my mom (amma)** for my blog and the photo was clicked by **my sister**

in law. This is a bite sized mini badhusha. This is my amma's second guest post. Last year, my mom made a easy diwali sweet recipe, rava kesari for my blog. Mini badhusha recipe is not that difficult sweet, so give it try for coming diwali, you will love it .



How to make Mini Badhusha Recipe



4.7 from 3 reviews

Mini Badhusha Recipe / Diwali Sweet Recipe



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Prep time

1 hour 20 mins

Cook time

30 mins

Total time

1 hour 50 mins

Author: Gayathri Ramanan
Recipe type: sweet
Cuisine: Indian
Serves: 10
Ingredients

- 1 cup of Maida(All purpose flour)
- ¼ Cup of Curd (yogurt)
- ¼ Cup of Ghee or Butter
- 1 Tsp of Sugar
- Pinch of Baking Soda
- Pinch of Salt
- To make sugar syrup
- ½ cup of Sugar
- Water to immerse the sugar
- 1 Tsp of Lemon Juice
- 2 Pinches of cardamom powder

Instructions

1. In a bowl, add curd, ghee, sugar, salt and soda, mix well with whisk.
2. To that, add maida, mix well with hand, add water little by little and make into a smooth dough. Keep it aside for an hour.
3. Divide into equally sized small balls out of the dough and gently press it in the middle to form a depression. or you can make decorative ends as swirls.
4. Meanwhile, heat oil to deep fry, when it is hot (350 F), add pinch of dough it it rises up immediately then you are good to go, in a medium flame, gently put the badhusha into hot oil and cook both sides until it turns brown colour and shh sounds disappears. Follow the same method for the remaining badhusha.
5. To prepare sugar syrup
6. Heat a pan with water and sugar, boil it for few mins until you get single strand consistency, add cardamom

powder, lemon juice and mix well. Dip well the fried badhusha in sugar syrup on both sides, keep immersed for 2 mins then transfer it to a plate and enjoy.

Notes

You have to dip the badhusha when it is hot and keep the badhusha in syrup until you fry the second one..similarly do it for the rest of the badhusha

Do not fry the badhusha in high flame the inside won't get cooked.

Lemon juice is added to prevent crystallization of sugar.

you can double or triple the recipe as you prefer.

You can also add saffron to the sugar syrup, if you like.



Tags: badhusha recipe, mini badhusha recipe, balushahi recipe, badhusha seivadhu epadi, how to make badhusha at home, prepare badhusha recipe at home, easy diwali sweets recipe diwali 2015 recipe