Godhumai Rava Semiya Payasam Recipe / Cracked Wheat Payasam



Godhumai Rava Semiya Payasam Recipe / Cracked Wheat Payasam is a yummilicious traditional dessert prepared with godhumai ravai (cracked wheat), jaggery, vermicelli, ghee and nuts. Cracked wheat or broken wheat is also called as godhumai ravai (samba godhumai) in tamil, daliya in hindi, godhambu rava in malayalam and godhuma rava in telugu. This payasam is one of my favourite and this is a winner recipe. When I was doing my college, they conducted cookery competition, in which I prepared this payasam and got first prize. That day I used coconut milk in my godhumai payasam for rich and creamy taste. But in this recipe, I used only regular cows milk. I used jaggery as sweetener, you can also use palm jaggery or sugar. This is a very easy samba godhumai payasam even beginners or bachelor can try this during festival occasion. Today is onam so I would like to share traditional recipe. So here comes the recipe of godhumai ravai payasam

How to make Godhumai Rava Semiya Payasam Recipe

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Prep time

10 mins

Cook time
20 mins
Total time
30 mins

Godhumai Ravai Semiya Payasam Recipe / Cracked Wheat Payasam is a yummilicious traditional sweet, made during festivals like onam.
Author: Gayathri Ramanan
Recipe type: Dessert
Cuisine: Indian
Serves: 2
Ingredients

- ¼ Cup of Godhumai Rava (Cracked Wheat / Broken Wheat)
- 2 Tbsp of Semiya (Vermicelli)
- ½ Cup of Jaggery
- Pinch of Salt
- 3 Tsp of Ghee (Clarified Butter)
- 2 Cardamom, Crushed
- 1.5 Tbsp of Coconut
- Few roasted Cashews and raisins
- ½ Cup of Boiled Milk
- 1 cup of water

Instructions

1. Heat a pan, roast the cracked wheat for few mins and add ½ cup of water and a pinch of salt, cover and cook until it turns soft. Remove it from flame and keep it aside.
2. Heat a pan, roast the semiya and add less than ½ cup of water, cover and cook it for 5-10 mins or until it turns soft . Remove it from flame and keep it aside.
3. Heat a pan, add ghee, roast the cashews, raisins and coconut. Keep is aside.
4. Heat the same pan, add jaggery and water, wait until it melts. now add cooked cracked wheat, cooked semiya, ghee, cashews, raisins, coconut, crushed cardamom, simmer it for 5-10 mins or until it turns thick. Add milk, mix well, cook it in a simmer for few mins and

turn off the stove.

5. Hot, yummy godhumai ravai semiya payasam is ready to serve.

Notes

You can also make it in pressure cooker, rather than cooking in stove top.
For vegan version, add almond milk or soy milk.
Add sugar or palm jaggery instead of jaggery.
If you are using bigger variety of broken wheat, it is better to grind in a mixie to make it fine for easy cooking.
Add any nuts of your choice.
If you have coconut milk, add it in place of cows milk for rich and creamy payasam.
If you don’t like vermicelli, just avoid it and add cracked wheat alone.



Tags : Cracked Wheat Semiya Payasam Recipe, broken wheat payasam recipe, cracked wheat payasam, godhumai ravai semiya payasam recipe, samba godhumai payasam, traditional onam payasam, onam recipe, godhambu rava payasam, godhuma rava payasam, daliya kheer, payasam recipe, easy payasam recipe, festival payasam, healthy payasam, broken wheat kheer, payasam with jaggery

Ellu Urundai / Sesame Seeds Ladoo / Til Ladoo



Ellu Urundai Recipe / Sesame Seeds ladoo / Til Ladoo is a simple, traditional and tasty sweet popular in both North and South India. They are made with just 3 ingredients, they are sesame seeds, jaggery and salt. Sesame ladoo is a quick to make sweet ready in just 10 mins. These ladoos are rich in Iron and calcium, so they are great snacks for kids. Also you can make this ladoo during festival

occasions like Vinayagar chaturthi or Diwali or any occasion. You can use this ellu urundai as pooranam (stuffing) while making kozhukattai. Try this ellu urundai recipe at home and let me know how it turned out.



Ingredients for Ellu Urundai

Preparation Time: 5 mins Cooking Time: 5 mins Serves: 5 ladoo

- 1/3 Cup of Ellu (Sesame Seeds /Til)
- 1/3 Cup of Jaggery
- Pinch of Salt

Method for Ellu Urundai

- Heat a pan, dry roast the sesame seeds until it starts crackling. Remove and keep it aside.
- In a mixie, add ellu, powdered jaggery and salt, grind until everything is well combined . Remove and make lemon size balls.
- Yummy sesame ladoo is ready to serve.

Tips

- You can use white sesame seeds instead of black.
- You can add ghee while making ladoo.
- If you have jaggery, make balls with sugar or honey.
- Adding salt enhances the sweet taste of ladoo.



Tags: ellu urundai, ellu urundai recipe, sesame seeds ladoo, sesame ladoo recipe, til ke ladoo, make ellu urundai at home, prepare sesame seeds ladoo, ellu recipe, ellu urundai for vinayagar chaturthi, easy ladoo recipe, til ladoo,

Soft Gulab Jamun Recipe With Milk Powder



I love sweets made of milk powder. Today I am sharing soft gulab jamun recipe with milk powder. Gulab Jamun is a milk based Indian dessert loved by everyone. Gulab means rose and

Jamuns means purple colored berry. This soft and yummy jamuns are prepared during Indian festivals or any special occasions. You can make gulab jamun using different milk solids like paneer or Khoya, even with bread or sweet potatoes for vegan version. But in your home, you can make this soft gulab jamun recipe with milk powder easily. The secrets of getting soft and juicy gulab jamun lies in measurements of ingredients, dough texture and the oil temperature. Try this soft instant gulab jamun at home and enjoy.

Also check my other sweet recipes.

How To Make Soft Gulab Jamun Recipe With Milk Powder

Ingredients for Soft Gulab Jamun Recipe With Milk Powder

Preparation Time: 20 mins (1hr soaking time) Cooking Time: 30 mins Makes: 10

• 1 Cup of Milk Powder
• 1/4 Cup of Maida / Self Rising Flour
• Pinch of Baking Soda
• 1 Tsp of Ghee or Oil
• Pinch of Salt
• 2 Tbsp of Yogurt or 1/4 cup of Milk
• Oil for frying

To Make Syrup

• 1.5 Cups of Water
• 1.5 Cup of Sugar
• 3 Green Cardamoms, Crushed
• 1 Drop of Rose Essence
• Pinch of Saffron

Method for Soft Gulab Jamun Recipe With Milk Powder

To Prepare Sugar Syrup

• Add sugar, water, cardamom and saffron to a pan and heat it on medium flame.
• Once the sugar dissolves completely, stir now and then until you get syrup thicken (no string consistency) Remove from flame and then add a drop of rose essence and set aside.

To Prepare Gulab Jamun

• In a bowl, add maida, milk powder, salt, baking soda and ghee. Slowly add ghee and yogurt or milk, mix well with hand and knead until you get soft sticky dough.
• If your dough is dry or crumbly, add little more milk to get soft dough.
• Grease your hands with ghee or oil, so that dough won’t get stick to your hands. Make a small smooth balls out of the dough and set aside. Keep it covered with cloth so that the balls won’t get dry.

To Deep fry

• Heat a pan with oil to deep fry. Reduce the flame and carefully slide the 4 balls into the oil and stir them well with slotted spoon so that they get evenly browned.
• Fry until it turns golden brown and remove it carefully with a slotted spoon and transfer them to the sugar syrup.
• Soak it for 2 hrs.
• Gulab jamun can be served hot or cold.
• To my family, I serve them with cold ice cream on top.

Tips

• While frying, to test the oil, drop small ball into the oil, if it floats to the surface of oil.Your oil is ready. If it floats, then your oil is not hot enough.
• If your jamun opens or cracks while frying, add a tsp of maida to the dough and knead it again.
• Always fry in a medium or low flame.
• To make the jamun osfter add a tsp of vinegar to the dough.



Tags: gulab jamun, gulab jamun recipe, soft gulab jamun recipe with milk powder, milk powder gulab jamun, gulab jamun for diwali, instant gulab jamun, how to make soft and juicy gulab jamun at home, prepare soft gulab jamun at home, jamun holi recipes, sweets with milk powder, Indian festival sweets.