

Easy Paal Kozhukattai Recipe



Easy Paal Kozhukattai Recipe / Rice dumplings in jaggery coconut milk sauce is a authentic sweet, prepared during festival occasions like vinagayar chaturthi. This easy chettinadu paal kozhukattai recipe is very simple to make and heavenly in taste, when you bite a single ball, you can feel the soft texture and juice taste. The richness of coconut milk along with sweetness of jaggery make the kozhukattai delicious. Easy Paal kozhukattai recipe can also be eaten as snacks on weekends.

To make this easy paal kozhukattai recipe, use either with cow's milk or coconut milk for sauce. For sweetness, you can try it either sugar or jaggery. Here I used jaggery to make thispaalkozhukattai. I bet this perfectly shaped rice balls in jaggery-coconut milk sauce will definitely win your heart. Try this easypaalkozhukattai recipe in your home forganeshchaturthi.

Ingredients for paal kozhukattai recipe

To Make Rice Balls

- 1 Cup of Rice Flour
- 1 and 1/4 Cup of Water
- 1 Tsp of Oil (Gingelly Oil/Ghee/Vegetable Oil)
- Salt to Taste (about 1/2 Tsp)

To Make Jaggery Syrup

- 1 Cup of Jaggery
- 1 and 1/2 Cup of Water

Other Ingredients

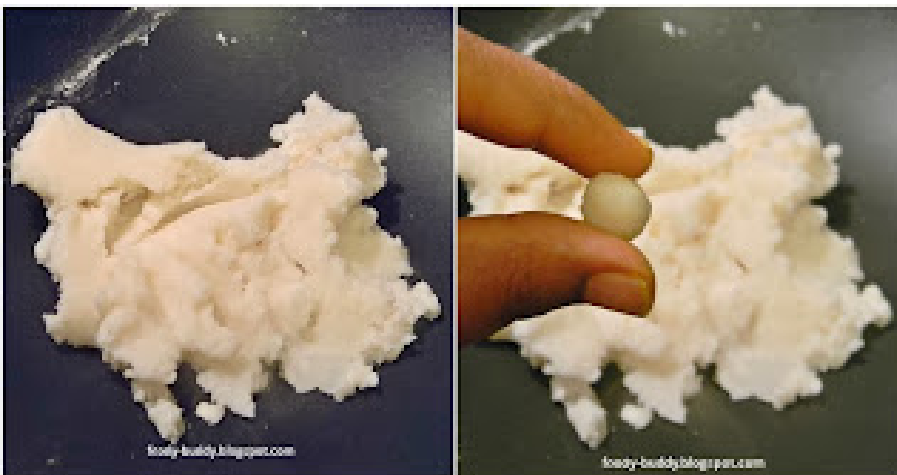
- 3/4 Cup of Coconut Milk(Canned) and 1/4 Cup of Water
- 3 Cardamom, Crushed

Method for paal kozhukattai recipe

- Sieve and take the rice flour in a wide mixing bowl.
- In the mean time, heat a pan/wok, add water, salt and oil, boil it for few mins.



- In a medium flame, slowly add the rice flour to the water, mix well with a wooden spoon without forming any lumps. To test, pinch a marble size dough and make a ball out of it. Now dough is ready.



- Grate and measure the jaggery. Meanwhile, heat a pan with water and add jaggery, let it boil in the stove for few mins. Once you get the boil, turn off the stove. Filter the jaggery water, to remove impurities.

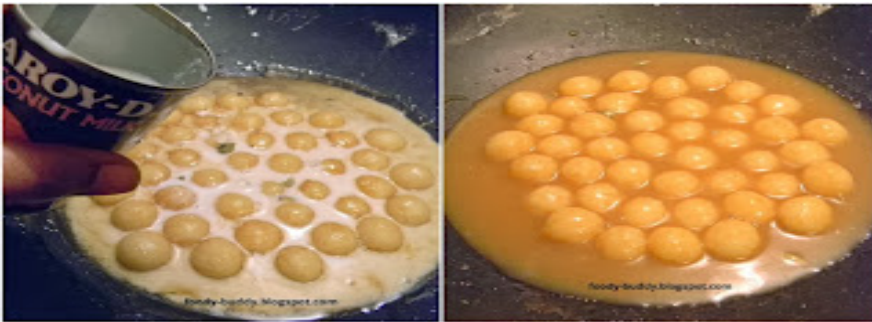


- Grease your hand with oil, and start making round balls

from the rice dough. Take the filtered jaggery water again in the same pan, when it starts boiling, add the rice balls. Cook for 10 mins in a medium flame.



- Once the jaggery water thickens and kozhukattai floats on top of the pan, add crushed cardamom and coconut milk and water, mix well. Turn off the stove.



- After 30 mins, serve it hot or cold in a serving bowl. I love cold kozhukattai. Yum..yum..



Tips

- You can use store bought rice flour or home made rice flour to make kozhukattai.
- You can replace jaggery with sugar.
- You can replace coconut milk with cow's milk
- After pouring the coconut milk, don't boil it. Then it starts to curdle.
- Increase or decrease the jaggery as per to your taste.
- You can make coconut milk with coconut instead of using canned ones. In that case, you have to make thick and thin coconut milk.
- Make uniform size balls for even cooking.
- You can make this kozhukattai round shape or any shape. My mom makes it like long cylindrical shape.

Health Benefits of Kozhukattai

- **Rice** : Gives you instant energy and they are easily digestible.
- **Jaggery** : Rich in minerals, cleansing agent, digestive agent, prevents bile disorders.
- **Coconut Milk** : Substitute for coffee cream, build strong bones, moisturize skin, fight infection, maintain blood sugar levels.



Tags : [paal kozhukattai](#), [paal kozhukattai recipe](#), [how to make easy paal kozhukattai recipe](#), [prepare paal kozhukattai recipe](#), [paal kozhukattai recipe for vinayagar chaturthi](#), [kzhukattai recipe for ganesh chaturthi](#), [make kollukattai recipe](#),

PEANUT SUNDAL | VERKADALAI SUNDAL | NAVARATHRI RECIPE



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Sundal is a simple south indian snack often made with Lentils like chick peas, peanuts, kidney beans and even sweet peas ..peanut sundal / verkadalai sundal strength lies in its simplicity and is very subtly spiced and in being ordinary it becomes extraordinary....peanut sundal also is made during festival occasions and also is made for “prasad” in temples

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Ingredients

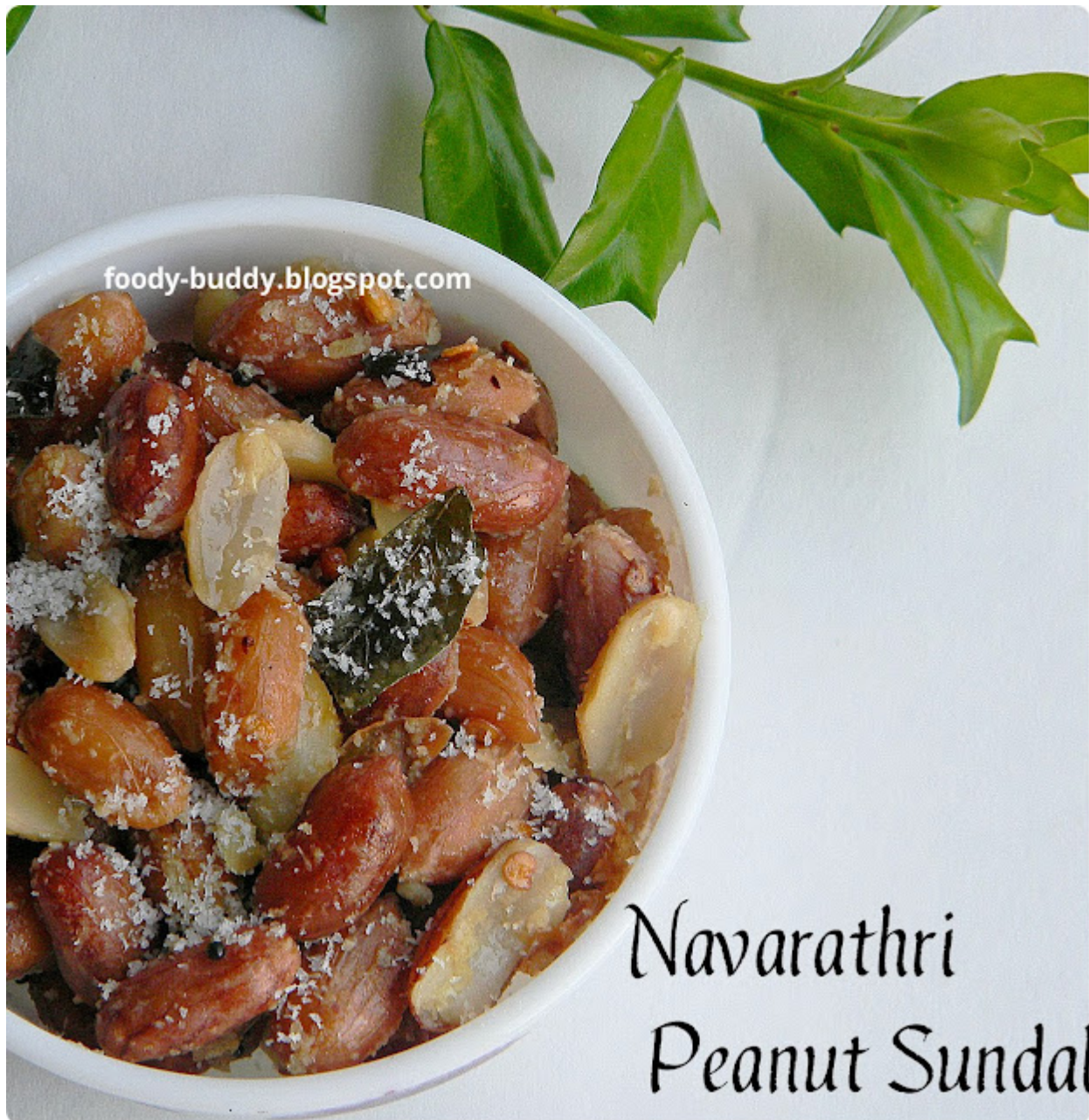
1 Cup of Boiled Peanuts
2 Tbsp of Grated Coconut / Dry desiccated Coconut
Salt to taste

To Temper

2 Tsp of Oil
1 Tsp of Mustard Seeds
1 Tsp of Urad dal
2 Red Chillies
Pinch of Hing (Asafoetida)
6 Curry Leaves

Method

- Soak and pressure cook the peanuts. For more details click on the link [How to boil peanuts in pressure cooker](#).
- Heat oil in a pan, when it is hot, add mustard seeds, urad dal, red chillies(Break it), asafoetida and curry leaves, after mustard seeds splutters, add the boiled peanuts and salt, give a quick stir, about a min.
- Add grated coconut, mix well with peanuts. Check the salt and turn off the stove.
- Hot, flavorful peanut sundal is ready..



Navarathri Peanut Sundal

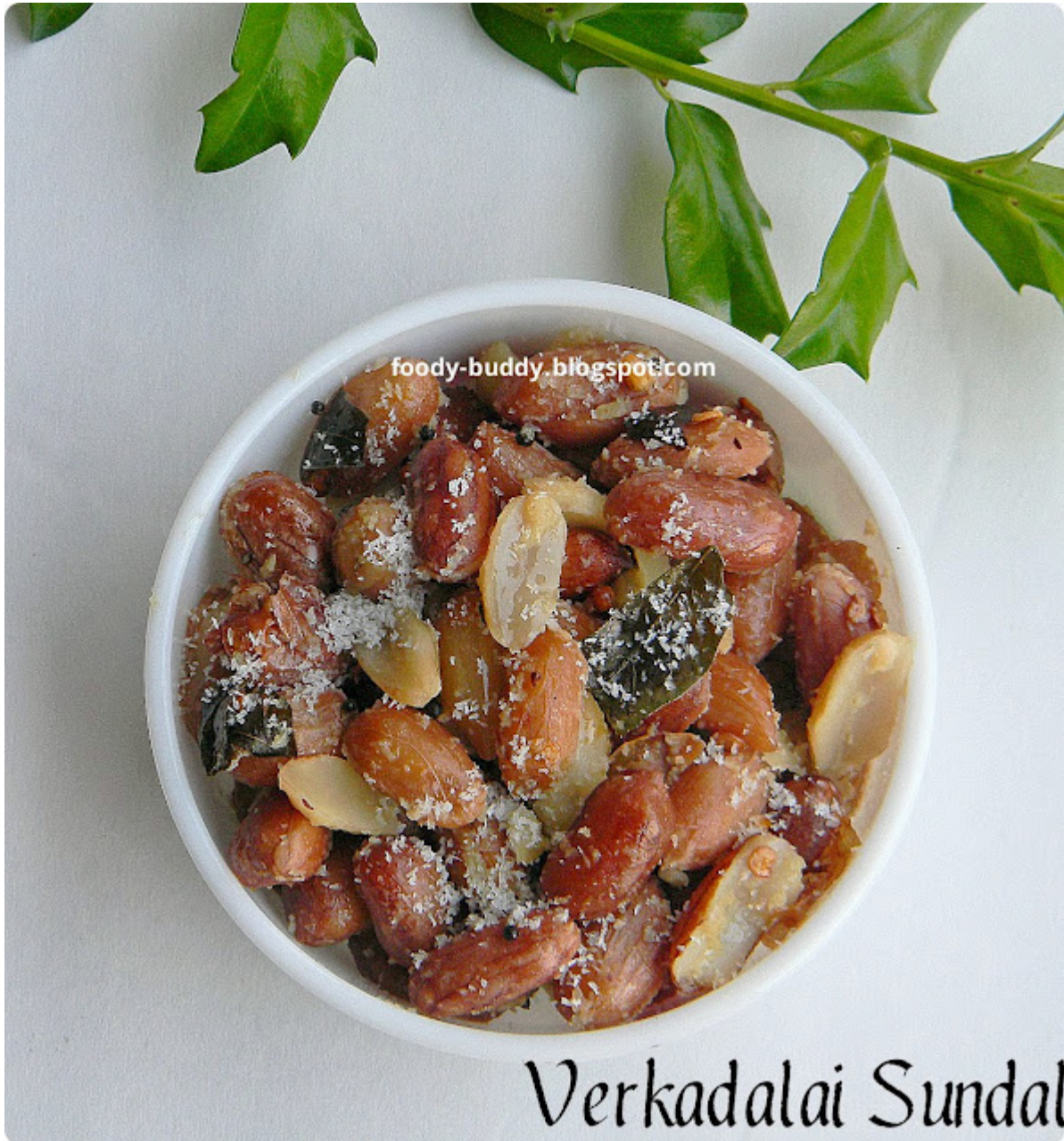
Tips

- You can add chopped onion after you do the tempering with mustard seeds.
- Be careful in adding salt, because we already added salt while boiling peanuts in cooker.
- You can also add chopped green chilies in addition to red chilies for more spicy taste.

Health Benefits of Peanuts

- Rich in energy.
- Good source of monounsaturated fat, niacin, folate, vitamin E and anti-oxidants.

- Prevent gall stones and good for heart.
- Good source of resveratrol which reduces the risk of stroke.



Verkadalai Sundal

VINAYAGA CHATURTHI RECIPES | GANESH CHATURTHI RECIPES

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