RICE COCONUT KHEER RECIPE WITH JAGGERY



Wishing you all Happy New Year…Arisi Thengai Payasam / Rice Coconut kheer recipe / Rice milk pudding with jaggery is a traditional payasam which we make during festival occasions like Diwali, New year. This arisi thengai payasam recipe /

Rice payasam recipe is a south Indian kheer made with rice, milk, coconut, jaggery, ghee and nuts. For sweetness, you can use either sugar or palm jaggery or jaggery. I really love this kheer because of coconut and ghee flavor. Try this quick and easy to make rice payasam with jaggery for any special occasions and enjoy !!!

INGREDIENTS FOR RICE COCONUT KHEER RECIPE WITH JAGGERY

Preparation Time : 20 mins Cooking Time : 20 mins Serves – 3

- 1/4 Cup of Basmathi Rice
- 2 Cups of Full Fat Milk (Boiled and Cooled)
- 3/4 Cup of Water
- 3/4 – 1 Cup of Jaggery
- 2 Tbsp of Dessicated Coconut
- 1/4 Tsp of Cardamom Powder
- 10 Roasted Cashews
- 10 Raisins
- 5 Almonds
- 5 Saffron Strands
- 1 Tbsp of Ghee

METHOD FOR RICE COCONUT KHEER RECIPE WITH JAGGERY

- In a pressure cooker, add 1 tsp of ghee and roast the rice until nice aroma comes. You can grind the rice coarsely at this stage, this is optional. You can even cook the rice like I did. Add roasted rice and 1 cup of milk, cook it for 3 whistles. Open the cooker after pressure releases on its own, add the remaining milk and switch on the flame again.
- In the mean time, heat a pan with little water and jaggery, wait until it completely dissolves. Once you

done and filter it. Keep it aside. In the same pan, add 1/2 tsp of ghee and add coconut, roast it and keep it aside.

- You keep on stirring the milk, after the milk turns thick, add melted jaggery and stir well.
- Add coconut, remaining ghee, cardamom powder, saffron strands and roasted nuts, mix well. Once you done, turn off the flame.
- Chill the payasam in fridge and serve cold. You can also serve hot after full course south Indian meals.

Tips

- More you add rice, thicker the payasam will be. So add it accordingly.
- You can also add fresh coconut bits instead of dessicated coconut.
- For sweetness, you can use either sugar or palm jaggery or jaggery.
- You can also use milkmaid instead of milk.
- Add nuts of your choice.
- Colour of payasam depends on the quality of jaggery.



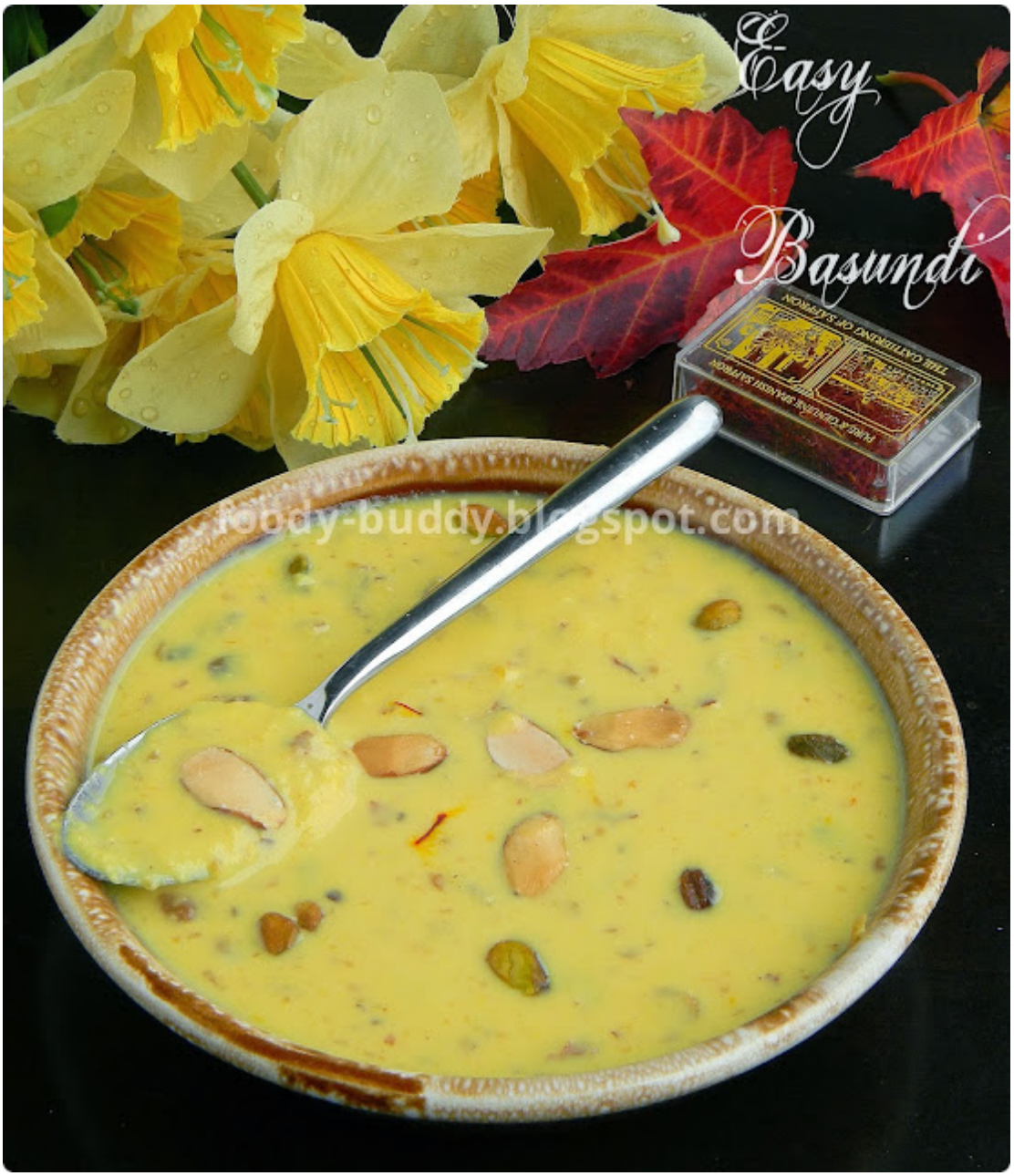
Tips: arisi thengai payasam, arisi payasam recipe, rice payasam recipe, rice coconut kheer recipe, rice kheer recipe with jaggery, rice payasam with coconut, payasam recipe, kheer recipe south indian, how to make arisi payasam, milk pudding, payasam with jaggery.

Basundi Recipe | How To Make Basundi | Indian Dessert



Basundi recipe is an Indian dessert popular in Maharashtra and Gujarat. It is a calorie rich, scrumptious dessert prepared by simmering the milk for a long time until it reduced to half of its volume, finally flavored with saffron, almonds and pistachios. This is one of my top favorite sweet. I used to

eat a lot in my college days as my father used to get me kesar basundi every week from Agarwal sweets. My husband has not tasted it before so I made this easy and tasty basundi recipe for diwali. Addition of almonds and pistachios to basundi recipe adds a nice crunch to this creamy dessert. Saffron imparts color and flavor to the dish. When you make basundi , always scrap the sides of vessel while cooking, as that will make the basundi thick and imparts creamy texture. It is served as a dessert or sweet accompaniment in lunch or during any Indian festivals like diwali. Also it tastes great with gulab jamun or hot malpuas.



Ingredients

3 Cups of Milk (2 % or Full Fat)
3-4 Tbsp of White Sugar
20 Saffron Strands
10 Almonds, Chopped
10 Cashews, Chopped
10 Pistachios, Chopped
Pinch Of Nutmeg Powder
3 Cardamom, Powdered
1 Tsp of Ghee (Melted Butter), Optional

To Garnish

Almonds and Pistachios

Method

- Chop the almonds, cashews and pistachios . Powder the cardamom with mortar and pestle.
- Soak the saffron in 2 tsp of warm milk and keep this aside.
- Take a heavy bottomed vessel, add the milk, bring the milk to boil and reduce the flame, cook on the slow flame, till the volume is reduced to half of its volume. Keep on stirring and continuously scrap the sides and bottom of the pan, otherwise the milk would get stick to the bottom.
- Once the milk reduced to half of its volume, this would take 30 mins, add all the chopped nuts(almonds, cashews and pistachios), nutmeg powder, cardamom powder and saffron cook this for another 15-20 mins in a slow flame, keep on stirring, otherwise you would get burnt flavor.
- After the milk thickened and got a nice flaky layer of cream on top, add sugar and mix well, cook for another

10 mins and turn off the flame.

- Serve warm or chilled garnished with almonds and pistachios .
- I love chilled basundi as it tastes divine and it thickens more when it is chilled.

Tips

- Adjust the amount of sugar according to your taste.
- You can also use evaporated or condensed milk in place of full cream or 2% milk.
- You can also make flavored basundi by the addition of strawberry or oranges after step 3, to make strawberry basundi or orange basundi respectively.
- Addition of nutmeg powder is for easy digestion.
- If you use condensed milk or evaporated milk, do not add sugar to it.
- Addition of saffron gives a nice color and flavor.
- Always use heavy bottomed pan to make it otherwise milk will burn and stick to the pan.
- When you keep basundi in fridge, make sure the consistency is thin and otherwise it would turn thick on next day.


Kesar Basundi
foody-buddy.blogspot.com