ADHIRASAM RECIPE (□□□□□□□) USING JAGGERY



Adhirasam is a traditional tamil sweet prepared during Diwali.

This delicious south Indian delicacy adhirasam recipe is made with homemade rice flour and jaggery. This is my all time favourite sweet and I love to eat grand snacks adhirasam. Making of adhirasam is a long time dream for me. Last two diwali, I tried it in my home it was a big flop. My mom makes best adhirasam so I learnt the secret of making adhirasam from her. The secret of getting perfect adhirasam lies in the usage of homemade rice flour and jaggery syrup consistency. You can also make adhirasam with sugar. Also refer the tips section for more tricks to get perfect soft adhirasam. If you are a beginner, love to eat adhirasam, thinking to try at home. Then do try this diwali special sweet in your home.

How to make soft and crispy Adhirasam

Ingredients for Adhirasam Recipe

Preparation Time: 25 Mins + resting time 1-2 days Cooking Time : 30 mins Serves :9

- 1 Cup of Raw Rice Flour
- 3/4 Cup of Jaggery(pagu Vellam)
- 1/4 Tsp of Dry Ginger Powder
- 1 Pinch of Cardamom Powder
- Oil to deep fry

Method for Adhirasam Recipe

To make rice flour

• Wash and soak rice for 2 hrs. Drain the water completely and spread it in a clean white cloth, so that it will absorb the excess water. After 30 mins, it shouldnot dry completely. Moisture should be there. Grind it along with dry ginger powder and cardamom in a mixie to flour (not too fine not too coarse) and now sieve it.

• If you have rice mill near to your house, then grind it there for adhirasam.

Preparation of Jaggery

• Take jaggery and grate it. I used pagu vellam which is available in stores to make adhirasam. To the pan, add grated jaggery and water to immerse. Bring it boil, after it completely dissolved, switch off. Filter it to remove impurities.



Making of Jaggery Syrup

• In a pan, add filtered jaggery, start heating in the medium flame, stir occasionaly and keep checking the syup consistency. To check syrup consistency, take a cup of water, pour a tsp of jaggery syup into it, you can see fine thread in a beginning stage, when you touch it will get dissolved. Later, when your jaggery turns thick, now pour jaggery syup in water, it won't get dissolved, just collect it with your finger, you will get soft ball(uruttu patham), that is a right consistency, in that stage you can see lot of foam in jaggery syup. Just turn it off immediately.



• pour the flour to the jaggery syrup and keep mixing with a laddle. Dough should be loose. After 3-4 hrs, dough turn thick, just knead it and let it rest for 1-2 days. if you want to keep more than that, keep it refrigerated. But I left it for one day.



Making of Adhirasam

• Take a dough and divide into equal parts.

• Meanwhile, heat a pan with oil to deep fry, once the oil is hot, reduce it to medium flame.



• Grease the zip lock bag with ghee and flatten the dough with your hands. Carefully drop it in the oil.

• Fry it until it turns nice brown colour. While taking out, use another laddle and press it to squeeze out excess oil. Place it in filter paper. Repeat the process for the rest of the dough.

• Hot adhirasam is ready to serve.



Tips

- Always use homemade rice flour to get nice adhirasam.
- If adhirasam split while frying, then you had added more jaggery to it.
- Dough should be loose, if it is tight, then you will get hard adhirasam. In that case, add little more milk or jaggery syrup.
- Resting the dough for atleast overnight, is important.
- Get paggu vellam to get soft adhirasam.
- Jaggery syrup consistency is more important, you should get soft ball consistency, if you exceed that stage, then you will get hard adhirasam. If you remove before soft ball consistency, then your adhirasam will get break while frying.
- Always cook in medium low flame for even cooking. Don’t fry it for longer time.
- Some raw rice needs more jaggery syrup, for safer side, always make little more jaggery syrup.
- If your adhirasam is hard, just microwave it for few secs.
- Don’t use store bought rice flour to make adhirasam. Use only homemade flour. Flour should be moist enough to make adhirasam.
- You can use any type of raw rice.
- Colour of adhirasam depends on the colour of jaggery.



Tags : adhirasam, adhirasam recipe, soft and crispy adhirasam recipe, how to make soft adhirasam, prepare adhirasam for diwali, grand snacks adhirasam recipe, diwali sweets, traditional south indian diwali sweets, tamil sweets., adhirasam using jaggery, adhirasam not coming well, adhirasam seivadhu eppadi

Easy Suzhiyam Recipe / Diwali Sweet Recipe

Suzhiyam / Suzhiyan / Seeyam is a traditional deep fried sweet dish prepared during diwali. Suzhiyam is my favourite sweet since my childhood days and it is must in our house during diwali. Ingredients and method of making suzhiyam may vary from one place to other.

To make Sweet suzhiyam / seeyam recipe, you need channa dal, coconut, jaggery and cardamom for inner stuffing and for outer covering, I used maida batter. You can replace it with urad dal batter or rice batter for outer covering. You can also make savoury suzhiyam, by placing dal for stuffing.

Try this easy suzhiyam recipe for diwali, share it with your loved ones and enjoy.



Ingredients for Easy Suzhiyam / Suzhiyan Recipe

For Outer Covering

- 1 Cup of Maida
- 1/4 Tsp of Baking Soda
- Salt and water as required

For Inner Stuffing

- 1 Cup of Channa Dal (Bengal Gram)
- 1 Cup of Jaggery
- 3 Tbsp of Grated Coconut
- 3 Cardamom, crushed
- 2 Tbsp of Ghee

Method for Easy Suzhiyam / Suzhiyan Recipe

For Inner Stuffing

- Soak the channa dal for 1 hr. Pressure cook the dal for 3 whistles. The dal should be soft and hold its shape. Let it cool down, drain all the water, make sure there is no water in it and then grind it in mixie.
- Heat a pan with little water and add jaggery, stir well until you get 1 string consistency.
- Add channa dal paste, crushed cardamom, grated coconut and ghee to the melted jaggery. Mix everything until combined. Turn off the flame.
- Cool until the mixture thickens. Let the mixture cools completely.
- Divide the mixture into equally sized balls.

For Outer Covering

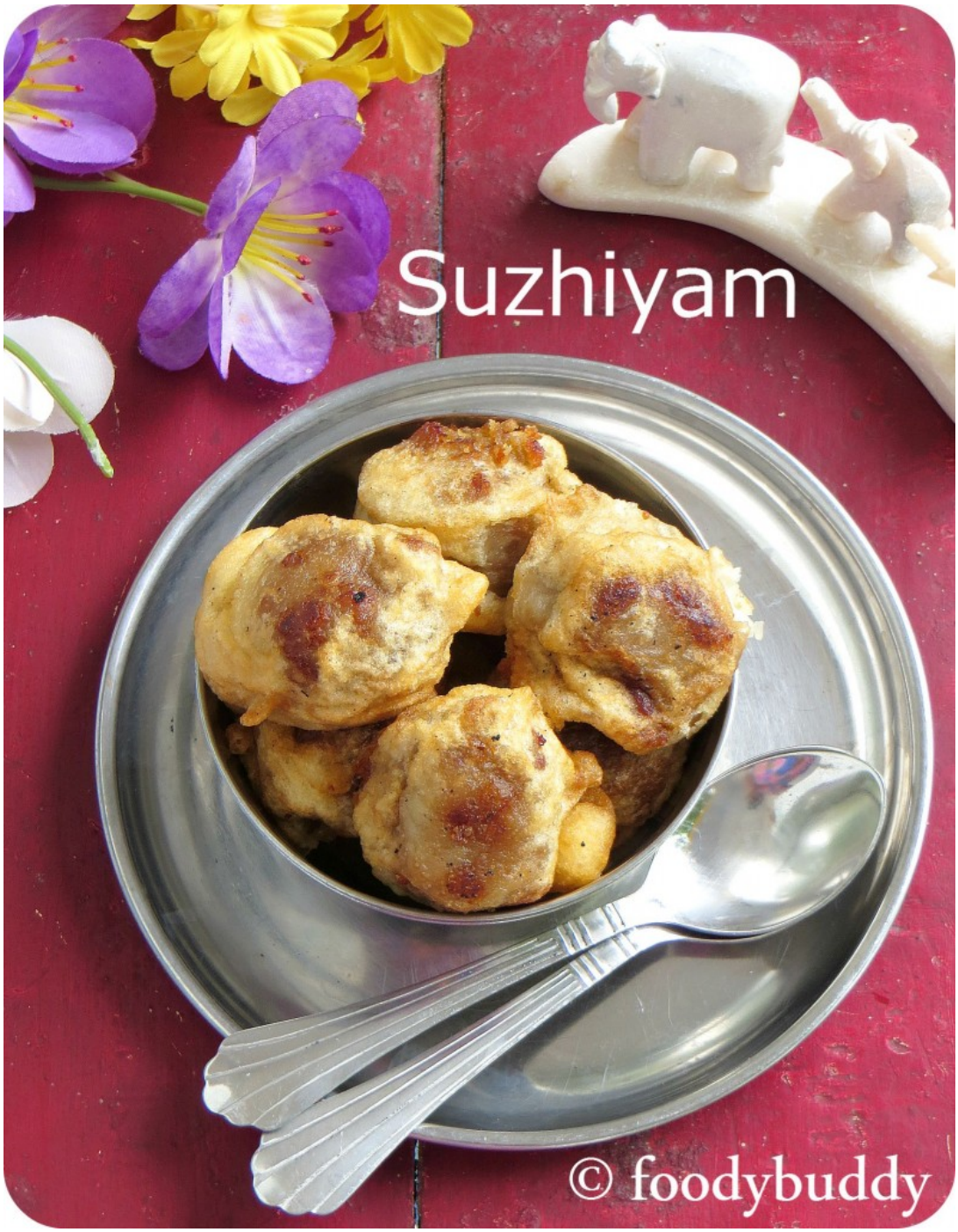
- In a bowl, mix maida, baking soda, salt and water to dosa batter consistency.

To Make Seeyam

- Heat oil in a pan to deep fry.
- Dip the balls one by one in the batter and drop them in hot oil.
- Fry them in a hot oil, cook on both sides and remove it from oil, drain them in paper towel.
- Yummy Suzhiyam is ready to serve.

Tips

- You can replace it with urad dal batter or rice batter for outer covering.
- You can stuff with green moong dal or any dal for savoury version.
- The batter shouldnot be runny, otherwise the seeyam will absorb more oil.



Tags : suzhiyam, suzhiyan, suzhiyam recipe, suzhiyam recipe in tamil, how to make suzhiyam recipe, easy suzhiyam recipe, suzhiyam meaning, suzhiyam seivathu eppadi, suzhiyam recipe blog, sweet suzhiyam, diwali suzhiyam, easy diwalisweets

Condensed Milk Recipe / How To Make Condensed Milk At Home

Condensed milk recipe at home is very simple and easy. All your need is just four ingredients and the cost of making homemade condensed milk is cheaper than buying it from supermarket. You can prepare condensed milk by two ways, one is by using full fat milk and other one is milk powder. Here I used milk powder to make condensed milk and it tastes absolutely delicious and yummy and I got this recipe from here.

I used to get lots of Milkmaid condensed milk from nearby store to make sweets. But now I use this sweetened condensed milk recipe, to make Indian sweet (Dessert) recipes at home like kheer, payasam, halwa, burfi and for baking. Also substitute condensed milk in place of mawa in making sweets. Yesterday I made milk kulfi recipe with homemade condensed milk. Try this condensed milk recipe using milk powder and serve it for kids with fruits and nuts for topping, they will surely enjoy.

Health Benefits of Condensed Milk

- Condensed milk is a healthy food as it has all the essential nutrients like carbohydrates, fats, proteins required for all age groups.
- Presence of calcium in milk helps in the maintenance of bones and teeth especially for growing children.
- Other nutrients in condensed milk are potassium for proper nerve function, magnesium for muscular function and phosphorus for energy metabolism.
- As it has sugar, consume it limited amount as per daily dietary requirements.



Ingredients To Condensed Milk Recipe

- 1/2 Cup of Milk Powder
- 1/4 Cup of White Sugar
- 1/4 Cup of Boiling Water

- 2 Tbsp of Unsalted Butter

Method

- In a blender, add milk powder, sugar, boiling water and butter.
- Blend all ingredients together until they are smooth and creamy.
- Condensed milk is ready to make sweets and store it in an airtight container and refrigerate it for 3-4 days.

Tips

- Adjust the amount of sugar to your taste.
- If you think your condensed milk is too thick, add little more boiling water, blend it to get incorporate.
- It will get thicker after refrigeration, but will loosen up when stirred and brought to room temperature.
- Add few drops of vanilla essence for different flavour and taste.


Condensed
Milk Recipe
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