KARUPATTI MITTAI RECIPE / CHENNI MITTAI RECIPE (TIRUNELVELI STYLE)



Karupatti mittai recipe / Chenni Mittai recipe / Palm Jaggery Swirl Sweet is an authentic south Indian diwali sweet. This is my father's favorite recipe. I wanted to post some traditional south Indian sweets so when I was talking to appa (dad) the other day, he gave me 2 recipe ideas, one is karupatti mittai and second one is mundhirikothu recipe which I shared

yesterday. Making karupatti mittai is really fun and easy. You can make this sweet with available ingredients like rice and urad dal. For sweetness, you can use karupatti (palm jaggery) or chenni (sugar). One of my American friend Darlene came to our home, she tasted and said it was awesome, she totally loved karupatti mittai. I love both karupatti and chenni mittai. Bored with jangri or jilebi then try this for coming diwali , you will love it and let me know your feedback.



How to make karupatti mittai recipe

Adapted from Kitchen Rhapsody



KARUPATTI MITTAI RECIPE / CHENNI MITTAI RECIPE (TIRUNELVELI STYLE)



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Prep time
45 mins
Cook time
45 mins
Total time
1 hour 30 mins

KARUPATTI MITTAI RECIPE / CHENNI MITTAI RECIPE (TIRUNELVELI STYLE) is a very traditional south Indian diwali sweet made with rice, urad dal and palm jaggery

Author: Gayathri Ramanan
Recipe type: sweets
Cuisine: Indian
Serves: 25
Ingredients

- 1 Cup of Idly Rice
- ¼ Cup of Urad dal
- 1 Cup of Karupatti (palm jaggery) to make karupatti mittai
- 1 cup of Sugar (chenni) to make chenni mittai
- 2 cardamom, crushed
- Pinch of dry ginger powder
- Pinch of Salt

Instructions

1. Soak both the idly rice and urad dal for overnight. Next

day morning, wash both dal and rice, grind it in a grinder for 30 mins by adding very less water until the batter turns soft like that of dosa batter consistency.
2. Grate the karupatti (palm jaggery) with knife.
3. Meanwhile, heat karupatti (palm jaggery) with water, mix it well, until it melted. Filter it to remove impurities. Heat the same pan with filtered palm jaggery, heat it for 6 mins till it turns syrupy. Now add cardamom, salt and dry ginger powder, mix well.
4. Take a ziploc bag, put hole in the center (refer the picture), pour the batter into the bag.
5. Heat a shallow pan with oil to deep fry, pipe the batter into a hot oil, cook on medium heat until it done. It has to be in pale in colour.
6. Now placed the mittai in warm karupatti syrup for 2 mins until second batch is done. repeat the same process for the rest of the batter.
7. Similarly, heat the sugar with water, filter it and again heat it until turns syrupy. After you cook the mittai, dip it in a sugar syrup for 2 mins.
8. Yum yum karupatti mittai and chenni mittai are ready to enjoy. It tastes great when it is warm.

Notes

The batter has to be thick . Always add little water while grinding. The batter should be of right consistency like idly dosa batter.

Cook in a medium flame. Do not cook for long time it will turn hard and crispy. Do not under cooked you will end up in soggy mittai.

Adding dry ginger powder is optional, but if you add gives you a nice taste.



Tags: karupatti mittai, karupatti mittai recipe, how to make karupatti mittai recipe, prepare karupatti mittai recipe, chenni mittai recipe, how to make chenni mittai, palm jaggery swirl sweet recipe, easy diwali sweet recipe, kids diwali recipe, healthy diwali recipe.

Beetroot Halwa Recipe / How

to make Beetroot Halwa



Beetroot Halwa Recipe is a wonderful dessert loved by everyone prepared during all occasions like wedding, diwali or new year. This is easy and quick to make diwali sweet you can made in 30 mins made with beetroot, milk, sugar and nuts. This beetroot halwa has got beautiful magenta colour and wonderful taste. You should try this for coming diwali and let me know how it turned out. also check my carrot halwa in stovetop and microwave gajar halwa

How to make Beetroot Halwa Recipe

Beetroot Halwa Recipe / How to make Beetroot Halwa



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

Beetroot Halwa Recipe is a wonderful dessert loved by everyone prepared during all occasions like wedding, diwali or new year. serve with ice cream
Author: Gayathri Ramanan
Recipe type: sweets
Cuisine: Indian
Serves: 2
Ingredients

- 1 Cup of Beetroot (Grated)
- 1 Cup of Milk
- ¼ cup of Water
- ⅓ Cup of Sugar
- 3 Cardamom
- Pinch of Salt
- Few Cashews (6)

- Few Roasted Almonds (3)
- Few Raisins
- 4 Tbsp of Ghee

Instructions

1. Wash and grate the beetroot.
2. Heat a pan with ghee, add cashews and raisins, roast it until it turns golden brown.
3. Heat a pan with ghee, saute the beetroot until raw smell vanishes.
4. Add milk and water, cook the beetroot on low flame, stir in between. Cook till the beetroot becomes soft and milk evaporates.
5. Add sugar and cook till sugar dissolves. Mix well with beetroot.
6. Add crushed cardamom, salt and stir it for few more secs.
7. Finally add nuts and ghee, mix it really well and turn it off.
8. Serve hot or warm.

Notes
You can use any nuts of your choice.
Adding ghee and milk gives richness to halwa.
Adjust sugar to your taste.
Use almond milk or coconut milk for vegan version.



Tags: beetroot halwa, beetroot halwa recipe, how to make beetroot halwa recipe, prepare beetroot halwa at home, halwa with beetroot recipe, easy diwali sweet, halwa recipe for diwali, kids recipe for diwali

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Carrot Halwa Recipe / Gajar Halwa



This is my 300th post, to celebrate this special occasion, I made this carrot halwa. Carrot Halwa recipe is very famous Indian Dessert (sweet) in India. Gajar Halwa / Gajrala with milk is made across India on all special occasions like Diwali, New Year, holi and for family function. You can make carrot halwa in different ways like in pressure cooker, in microwave or in stove top. I already posted the recipe for carrot halwa / gajar ka halwa in microwave. In this carrot halwa recipe, I used red Delhi carrots, you can use any carrots to make this halwa like ooty carrots or the one which available in market. The carrots are cooked in milk, ghee and sugar in a slow flame in a open pan for an hour which turns into delicious and tongue tingling halwa. This carrot halwa was very pleasing to eyes and tastes heavenly with nuts on top. I personally love to eat carrot halwa with ice cream on top. Make this carrot halwa at home and enjoy…



Ingredients for carrot halwa

- 12 Delhi Carrots, Grated
- 1 and 3/4 Cup of Sugar
- 5 Cardamom
- 1/4 Cup Ghee (clarified butter)
- 10 Cashews
- 1/2 Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrots



Method

- Wash, peel and grate the carrots (gajar).
- Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
- In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
- After 25 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates

completely.

- Add cashews and mix well. Turn off the flame.
- Serve gajar halwa hot or cold.

Tips

- Stays good in refrigerator for 2 days.
- You can also make gajar (carrot) halwa in microwave.
- Another variation is use condensed milk in place of milk to get rich, delicious halwa.
- You can use any variety of carrots to make this halwa.
- Adjust sugar according to your taste.



Health Benefits of Carrot

- Good for the eyes.
- Prevents cancer.
- Vitamin A and antioxidant in carrot protect the skin from sun damage.
- Prevents heart disease and stroke.
- It has anti-aging property.

Carrot Halwa Recipe / Gajar Halwa With Milk



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Prep time
15 mins
Cook time
35 mins
Total time
50 mins

This is my 300th post, to celebrate this special occasion, I made this carrot halwa. Carrot Halwa recipe is very famous Indian Dessert (sweet) in India. Gajar Halwa / Gajrala is made across India on all special occasions like Diwali, New Year, holi and for family function. You can make carrot halwa in different ways like in pressure cooker, in microwave or in stove top. I already posted the recipe for carrot halwa / gajar ka halwa in microwave . In this carrot halwa recipe, I used red Delhi carrots, you can use any carrots to make this halwa like ooty carrots or the one which available in market. The carrots are cooked in milk, ghee and sugar in a slow flame in a open pan for an hour which turns into delicious and tongue tingling halwa. This carrot halwa was very pleasing to eyes and tastes heavenly with nuts on top. I personally love to eat carrot halwa with ice cream on top. Make this carrot halwa at home and enjoy…

Author: Gayathri Ramanan
Recipe type: Dessert
Cuisine: Indian
Serves: 4
Ingredients

- 12 Delhi Carrots, Grated
- 1 and ¾ Cup of Sugar

- 5 Cardamom
- ¼ Cup Ghee
- 10 Cashews
- ½ Litre Milk (2 %)
- 2 Tbsp of Ghee to fry carrot

Instructions

1. Wash, peel and grate the carrots (gajar).
2. Heat ghee in a pan, add grated carrots, fry it for 2-3 mins.
3. In the same pan, add grated carrots and milk, on a medium high flame, bring the mixture to boil and then simmer it and keep on stirring in between.
4. After 20 mins, the mixture started thickening, and milk reduced, add cardamom, sugar and ghee, stir well and cook for another 10-15 mins till milk evaporates completely.
5. Add cashews and mix well. Turn off the flame.
6. Yummy carrot halwa is ready.
7. Serve gajar halwa hot or cold.

Notes
Stays good in refrigerator for 2 days.
You can also make gajar (carrot) halwa in microwave.
Another variation is use condensed milk in place of milk to get rich, delicious halwa.
You can use any variety of carrots to make this halwa.
Adjust sugar according to your taste.