Ragi Koozh Recipe / Kezhvaragu Koozh / Finger Millet Porridge

Aadi (Tamil Month) falls between the mid of july and ends in mid of august. Aadi perukku, is a famous south Indian festival celebrated on 18th day of the aadi month. On that day, people worship near the rivers for the rain. It is a month of sowing the seeds since it is a peek monsoon time. During this month, prayers and poojas are offered to powerful goddesses, they prepare porridge called as Koozh(porridge) in Tamil in large quantities and offered to the Goddess (Amman) in Temple and then they distribute as prasad to the public on sundays during aadi month.
Coming to the recipe, Aadi Koozh / Ragi Koozh Recipe/ Fingermillet Porridge is a vegetarian recipe made from Kezhvaragu (Ragi/ Fingermillet), buttermilk, salt and water. This drink is very healthy and nutritious, as they are rich in calcium (bone growth), iron (increase haemoglobin level) and good for weight loss and diabetic people. Perfect drink for summer, as it cools our body. Usually they serve with pickle / puli kulambu and small onion.

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Prep time
8 hours 10 mins
Cook time
20 mins
Total time

8 hours 30 mins

Ragi Koozh Recipe / Kezhvaragu Kanji / Ragi Pooridge is a super cooler nutritious drink perfect to drink in summer. Served with pickle and onion
Author: Gayathri Ramanan
Recipe type: Breakfast
Cuisine: Indian
Serves: 2
Ingredients

- To Soak
- *********
- ¾ Cup of Ragi /Finger Millet
- 2.5 Cups of Water
- Salt as needed
- Other Ingredients
- **********
- 2.5 Cups of Buttermilk
- ¼ Cup of Cooked Rice
- 10 Small onion, Peeled and Chopped
- Pickle as needed

Instructions

1. In a bowl, add ragi, water and salt. Mix well with whisk without any lumps. Leave it for overnight.
2. Heat a pan, when it is hot, add the ragi-water mixture and rice. Keep on stirring continously in a medium flame till it becomes thick and raw smell goes off.
3. Turn off the flame and allow it to cool for 15 mins.
4. Add buttermilk (Refer notes) and salt. Mix well with whisk, add water to get thin , runny consistency.
5. Serve with small onion, green chilly, curry leaves and pickle.

Notes
To make buttermilk, in a bowl, add curd and water, whisk well with salt.
Always cook koozh in a heavy bottomed pan.

Add buttermilk after koozh completely cools down.
In terms of water quantity adjust it accordingly to your taste

Tags: ragi koozh recipe, ragi koozh, kelvaragu koozh, keppai koozh, fingermillet porridge recipe, ragi porridge recipe, make ragi koozh at home, prepare ragi porridge, aadi koozh recipe, koozh recipe, kanji recipe, Indian porridge, south indian breakfast recipe