

Godhumai Rava Semiya Payasam

Recipe / Cracked Wheat Payasam



**Godhumai Rava
Payasam**

Godhumai Rava Semiya Payasam Recipe / Cracked Wheat Payasam is a yummilicious traditional dessert prepared with godhumai ravai (cracked wheat), jaggery, vermicelli, ghee and nuts. Cracked wheat or broken wheat is also called as godhumai ravai (samba godhumai) in tamil, daliya in hindi, godhambu rava in malayalam and godhuma rava in telugu. This payasam is one of my favourite and this is a winner recipe. When I was doing my college, they conducted cookery competition, in which I prepared this payasam and got first prize. That day I used coconut milk in my godhumai payasam for rich and creamy taste. But in this recipe, I used only regular cows milk. I used jaggery as sweetener, you can also use palm jaggery or sugar. This is a very easy samba godhumai payasam even beginners or bachelor can try this during festival occasion. Today is onam so I would like to share traditional recipe. So here comes the recipe of godhumai ravai payasam ☺

How to make Godhumai Rava Semiya Payasam Recipe

Godhumai Rava Semiya Payasam Recipe / Cracked Wheat Payasam



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Prep time
10 mins

Cook time

20 mins

Total time

30 mins

Godhumai Ravai Semiya Payasam Recipe / Cracked Wheat Payasam is a yummilicious traditional sweet, made during festivals like onam.

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Recipe type: Dessert

Cuisine: Indian

Serves: 2

Ingredients

- $\frac{1}{4}$ Cup of Godhumai Rava (Cracked Wheat / Broken Wheat)
- 2 Tbsp of Semiya (Vermicelli)
- $\frac{1}{2}$ Cup of Jaggery
- Pinch of Salt
- 3 Tsp of Ghee (Clarified Butter)
- 2 Cardamom, Crushed
- 1.5 Tbsp of Coconut
- Few roasted Cashews and raisins
- $\frac{1}{2}$ Cup of Boiled Milk
- 1 cup of water

Instructions

1. Heat a pan, roast the cracked wheat for few mins and add $\frac{1}{2}$ cup of water and a pinch of salt, cover and cook until it turns soft. Remove it from flame and keep it aside.
2. Heat a pan, roast the semiya and add less than $\frac{1}{2}$ cup of water, cover and cook it for 5-10 mins or until it turns soft . Remove it from flame and keep it aside.
3. Heat a pan, add ghee, roast the cashews, raisins and coconut. Keep is aside.
4. Heat the same pan, add jaggery and water, wait until it melts. now add cooked cracked wheat, cooked semiya, ghee, cashews, raisins, coconut, crushed cardamom, simmer it for 5-10 mins or until it turns thick. Add milk, mix well, cook it in a simmer for few mins and

turn off the stove.

5. Hot, yummy godhumai ravai semiya payasam is ready to serve.

Notes

You can also make it in pressure cooker, rather than cooking in stove top.

For vegan version, add almond milk or soy milk.

Add sugar or palm jaggery instead of jaggery.

If you are using bigger variety of broken wheat, it is better to grind in a mixie to make it fine for easy cooking.

Add any nuts of your choice.

If you have coconut milk, add it in place of cows milk for rich and creamy payasam.

If you don't like vermicelli, just avoid it and add cracked wheat alone.



Broken Wheat Vermicelli Payasam

Tags : [Cracked Wheat Semiya Payasam Recipe](#), [broken wheat payasam recipe](#), [cracked wheat payasam](#), [godhumai ravai semiya payasam recipe](#), [samba godhumai payasam](#), [traditional onam payasam](#), [onam recipe](#), [godhambu rava payasam](#), [godhuma rava payasam](#), [daliya kheer](#), [payasam recipe](#), [easy payasam recipe](#), [festival payasam](#), [healthy payasam](#), [broken wheat kheer](#), [payasam with jaggery](#)

Pasiparuppu Javarisi Payasam

/ Moong Dal Sago Payasam



Pasiparuppu Javarisi Payasam

Pasiparuppu Javarisi Payasam / Moong Dal Sago Payasam is a traditional and delicious South Indian dessert made with moong dal, sago, jaggery, ghee and nuts. I love any kind of payasam. Usually I make [pasiparuppu payasam](#) or [sago payasam](#) or [pumpkin](#)

[payasam](#) during festivals. Two months back, when my mother in law made this Pasiparuppu javarisi payasam for amavasai, I loved it to the core. They are fingerlicking good and tasty. Love the idea of adding sago along with moong dal. Both are very good for health and it cools our body. Yesterday was our wedding anniversary so I made this payasam using pressure cooker and I used coconut milk which makes it more rich and flavorful, we both loved it. Try this easy payasam for any special occasion and let me know in comment box how it turned out.

How to make Pasiparuppu Javarisi Payasam

Ingredients for Pasiparuppu Javarisi Payasam

1/3 Cup of Moong Dal
1/4 Cup of Sago
3/4 Cup of Jaggery
Pinch of Salt
1 Tbsp of Ghee
2 Tbsp of Coconut, Grated
2 Tbsp of Thick Coconut Milk
3 Cardamom, Crushed
Few Cashews and Raisins

Method for Pasiparuppu Javarisi Payasam

In a pan, dry roast the moong dal until they turn golden brown and aromatic. Transfer it to a bowl, add sago and water and soak it for 1/2 hr.

In a pressure cooker, add dal, sago, salt and enough water, about 1.5 cups. Cook for 3 whistles and turn off the flame.

In a pan, add jaggery and 1/2 cup of water, cook in a medium flame until jaggery dissolves completely. Strain it and keep it aside.

Heat another pan, add a 2 tsp of ghee, when it is hot, add cashews, raisins, fry well until it turns golden brown, add coconut, fry for a min and transfer it to a plate.

Open the lid of the cooker, heat the cooker, in a medium flame, add jaggery and mix well, boil it for 3-5 mins.

Add roasted cashews, raisins, coconut, crushed cardamom and remaining ghee, mix well. Cook it for a min.

Finally add coconut milk, give a quick stir and turn off the flame.

Serve payasam hot or cold.

Tips

Dry roasting the moong dal gives an aromatic flavor.

After you add coconut milk, do not boil it for long time, it starts curdling.

If you don't have coconut milk, add cow's milk to payasam.

Adjust sweetness according to your taste..I prefer payasam to be more on sweeter side so I added 3/4 cup.

Add any nuts of your choice like almonds or walnuts.

I used pressure cooker , you can also make it in pan. But it takes little more time.

Moong Dal Sago Payasam



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Tags: [pasiparuppu payasam](#), [pasiparuppu javarisi payasam](#), [moong dal payasam](#), [moong dal sago payasam](#), [pasiparuppu payasam recipe](#), [moong dal kheer recipe](#), [how to make pasiparuppu javarisi payasam](#), [prepare pasiparuppu javarisi payasam](#), [payasam recipe](#), [easy payasam recipe](#), [south indian payasam](#), [payasam with coconut milk](#), [traditional payasam recipe](#)