

Jigarthanda Popsicle Recipe / Madurai Jil Jil Jigarthanda Kulfi



[Jigarthanda](#) is a popular milk based energy drink sold in many

restaurants and road side shops in south India. Jigar means “liver /heart /mind” Thanda means “cooling”. Jigarthanda Popsicle is prepared with almond tree gum (Badam Pisin), nannari syrup, milk and sugar. I already posted the [authentic madurai Jigarthanda recipe](#) in my blog. This is my favourite drink and I will never miss this drink when ever I go to Madurai.

Coming to the jigarthanda popsicle recipe, here I used vanilla extract in place of nannari syrup and I used [condensed milk](#) in place of ice cream. I have no idea whether this jigardhanda popsicle available in shops, this is my own creative recipe by following the jigarthanda recipe. The idea of making this popsicle was in my mind for long time, at last I tried it last week. **Woo-oooh**, it was so rich, creamy and yummy. Here in US, summer has started it’s getting hot so this madurai jil jil jigarthada kulfi helps me to cool the body instantly. I bet the kids will love this for sure. Hope you will give this a try and let me know how it turned out. Also try my other popsicle recipes.

1. [Homemade Kulfi](#)
2. [Pineapple Popsicle](#)

Badam Pisin



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[How to make Jigarthanda Popsicle Recipe](#)

Madurai
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Popsicle



Jigarthanda Popsicle



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Prep time

8 hours

Cook time

30 mins

Total time

8 hours 30 mins

A creamy and yummy Jigarthanda popsicle is a milk based popsicle made with badam pisin, vanilla extract, milk and sugar.

Author: Gayathri Ramanan

Recipe type: Dessert

Cuisine: Indian

Serves: 3 popsicle

Ingredients

- 4 Tbsp of Badam Pisin from 2 small stones
- 5 Tsp of Sugar
- $\frac{1}{4}$ Cup of Condensed Milk
- 2 Cup of Full Fat Milk reduced to $\frac{1}{2}$ cup of milk
- 1 Tsp of Vanilla Extract
- Pinch of Salt

Instructions

1. Soak the badam pisin in water for overnight or until it blooms.
2. Boil the milk in a heavy vessel on a slow flame to prevent burning. Boil till the milk reduced to $\frac{1}{2}$ cup milk. Let it cool for 30 mins.
3. Now to the milk, add sugar, condensed milk, badam pisin,

salt and vanilla extract. Mix everything well with a whisk.

4. Pour this into a mold and freeze it for overnight.
5. Rich, creamy and yummy jigarthanda popsicle is ready to serve.

Notes

If you don't get badam pisin, try it with agar agar.

Add ice cream or store bough paal kova in place of condensed milk.

You can replace vanilla extract with nannari syrup or rose essence.

If you like nuts, add your favourite chopped nuts.

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Tags: [jigarthanda recipe](#), [jigardhanda popsicle](#), [jigarthanda popsicle recipe](#), [jigarthanda kuchi ice](#), [madurai jigarthanda](#)

[popsicle](#), [jigarthanda cool drink popsicle](#), [how to make jigarthanda popsicle](#), [prepare jigarthanda popsicle](#), [authentic madurai jil jil jigarthanda popsicle](#)

10 Mins Garlic Rice / Garlic Chickpeas Rice / Poondu Sadam

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10 mins Garlic Rice

Do you believe you can make this garlic chickpeas rice in 10 mins ? Yes, you can do it with peeled garlic and canned chickpeas in hand. 10 mins Garlic rice recipe /Poondu Sadam is very close to my family and this is my mom's own recipe. We travel a lot during school and college days so we reach home very late at night. So my mom makes this quick garlic rice with ingredients available in pantry. This is yummy and simple to make rice dish with just 5 ingredients but it is of less protein so I added some canned chickpeas to make the rice more

nutritious and healthy. Mormilagai (Buttermilk Soaked chilies) and cumin used in tempering adds a nice flavor to this garlic rice. Serve this hot garlic rice with [lemon pickle](#) and appalam, it tastes heavenly ☐ Even bachelor can make this so easily and a perfect rice to pack for lunch boxes. If you are a garlic lover, give it try, you will love this for sure.

How to make 10 mins Garlic Rice

Ingredients for 10 mins Garlic Rice

Preparation Time: 5 Mins Cooking Time:10 mins Serves:2

- 1 Cup of Rice (Raw or Parboiled Rice), I used Kerala Matta Rice
- 16 Big Garlic
- 5 Mormilagai (Buttermilk Soaked chilies)
- 2 Tsp of Cumin
- 1/2 Cup of Canned Chickpeas(optional)
- 1 Tsp of Oil
- 1 Tsp of Ghee or Butter
- Salt to taste
- Few Curry Leaves

Method

- Soak the rice for 15 mins, drain the water, wash it and keep it aside.
- Peel the garlic and keep it aside.
- Heat the cooker with oil and ghee, add mormilagai, cumin and curry leaves, after it pops up, add garlic, saute it for a min, add rice, chickpeas, salt and 2 cups of water, pressure cook it for 3 whistles and turn off the

stove.

- Serve hot and delicious garlic chickpeas rice with appalam (Papad) and [lemon pickle](#).

Tips

- If you dont have mormilagai (Buttermilk Soaked chilies), add red chilies.
- If you are conscious about weight, just add oil and avoid butter.



Garlic Chickpeas Rice

Tags: [10 mins garlic rice](#), [garlic rice recipe](#), [garlic chickpeas rice](#), [poondu sadam](#), [how to make garlic rice recipe](#), [prepare garlic rice](#), [lunch box rice recipe](#), [bacheolar rice recipe](#), [Indian style garlic rice](#)

[**Mushroom Kulambu Recipe / Kalan Kuzhambu \(Coimbatore Style\)**](#)



Mushroom Kulambu

Mushroom Kulambu recipe / Kalan Kuzhambu is a thick and tasty vegetarian gravy which is so close to my family and this is my mom's recipe. This mushroom gravy is simple, flavorful in taste and can be made quickly. Just sauté the onion, tomato, coconut and spices in oil and blend into a fine paste, finally cook the paste with mushroom and serve. This is a Coimbatore style mushroom kulambu and it goes very well with plain rice / idly / chapathi / parotta / poori. Give it a try, you will love this.

How to make Mushroom Kulambu Recipe

Ingredients for Mushroom Kulambu Recipe

Preparation Time : 10 mins Cooking Time:20 mins Serves:2

- 12 Mushroom (I used Baby Bella Mushroom), Chopped
- Few Coriander Leaves
- Salt and Water as needed

To saute and grind

- 1 Onion
- 2 Tomato
- 3 Tbsp of Grated Coconut
- 2 Clove
- 1 Cinnamon
- 1/2 Tsp Fennel Seeds
- 1.5 Tsp of Ginger Garlic Paste
- 2 Tsp of [Sambar Powder](#)
- Few Curry Leaves
- 2 Tsp of Oil

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- Few Curry Leaves
- Pinch of Asafoetida

Method for Mushroom Kulambu Recipe

- Wash and chop the mushroom.
- Heat a pan with oil, when it is hot, add cloves, cinnamon, fennel seeds, curry leaves, fry it for few secs, add ginger garlic paste, fry it until raw smell vanishes. Add onion and salt, fry until it turns golden brown colour.
- Add sambhar powder, fry it for few secs in a medium flame.
- Add tomato, saute well until it turns soft and mushy.
- Add coconut, mix well with masala for few secs and turn it off.
- Cool the masala for 10 mins and grind them to a smooth paste by adding little water. Keep it aside.
- Heat a pan with oil, add mustard seeds, urad dal, curry leaves and asafoetida, after it pops up, add chopped mushroom, fry well for few mins. After it get cooked, add ground masala, fry it with mushroom, add water and cover it and cook for 5-7 mins in a medium flame and turn off the stove.
- Finally add chopped coriander leaves and serve it with rice or chapathi or parotta.

Tips

- You can use any kind of mushroom.
- Adjust spicyness according to your taste.
- Add any veggies of your choice like potato or peas along with mushroom.

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Kalan Kuzhambu

Tags: [mushroom kuzhambu](#), [mushroom kulambu recipe](#), [mushroom kolambu](#), [mushroom gravy](#), [kalan kuzhambu recipe](#), [kalan gravy for chapathi](#), [kalan recipe for chapathi](#), [kalan recipe for rice](#), [mushroom recipe for chapathi](#), [easy mushroom gravy](#), [how to make mushroom kuzhambu recipe](#) [prepare mushroom kulambu](#), [south indian mushroom recipe](#), [vegetarian mushroom recipe](#), [kalan gravy coimbatore style](#)