

Pongal Recipes 2015

Pongal Recipes 2015 –Traditional Pongal Recipes 2015

Pongal is certainly the biggest festival of all Hindu festivals. Pongal is around the corner and this year pongal is on 15th January 2015. With this post, I want to wish all my readers **Happy Pongal**. I hope this pongal festival brings you all happiness, prosperity and peace in your life.

I have compiled all the pongal recipes includes how to make sweet pongal recipe, ghee pongal, kalkandu pongal, poli, medu vadai, payasam recipes and variety rice. Try this pongal recipes in your home and share it with your neighbour and friends. "Happy Pongal to all my readers"

Pongal Recipes 2015



Sweet Pongal Recipe



Kalkandu Sadham



Ghee Khara Pongal



Samai Pongal



Rawa Pongal



oats Pongal



Rava Kesari



Puran Poli Recipe

Puran Poli



Urad Dal Vada

Medu Vada



Poha (Aval) Vadai

Aval Vadai



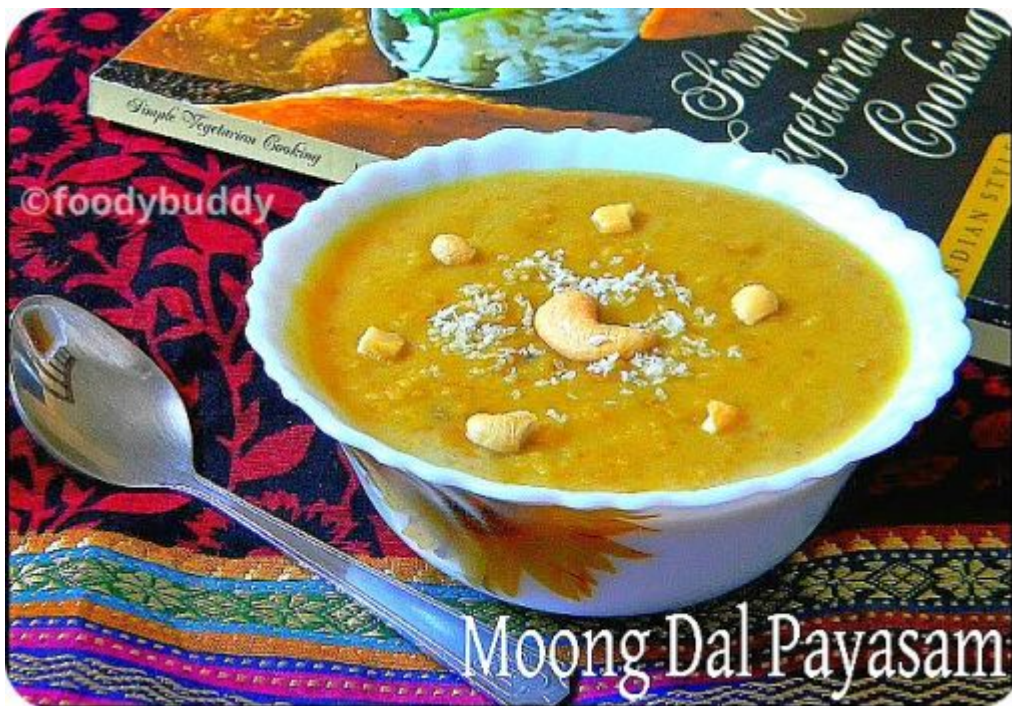
Sago Payasam

Sago Payasam



Arisi Thengai Payasam

Rice Coconut Payasam



Moong Dal Payasam

Moong Dal Payasam



Yellow Pumpkin Payasam



Lemon Rice



Tamarind Rice/ Puliyogare

Tamarind Rice



Tomato Rice

Tomato Rice



Karuveppilai Sadham

Curry Leaves Rice



Mango Rice



Coconut Rice



Peanut Rice

Tags: [pongal recipes](#), [pongal recipes 2015](#), [south indian style pongal](#).

Best Sweet Pongal Recipe / Sakkara Pongal

Traditional Sweet Pongal
Recipe / Sakkarai Pongal
Recipe / Chakkara Pongal /
Innippu Pongal

Happy Pongal to all my
viewers ☺ ☺ ☺



Pongal is a popular harvest festival celebrated for 4 days in second week of January in Tamilnadu. This pongal festival is considered to be a cultural one where one thank the sun god for bringing wealth and prosperity. Coming to the recipe, Sweet Pongal or sakkarai pongal is my favourite sweet dish. Every households makes sakkarai pongal recipe in a different ways. In some houses they add milk while making sakkarai

pongal, but in temple style traditional sweet pongal, it is made without milk.

To make sweet pongal recipe at home, you need raw rice, jaggery, moong dal, cardamom, cashews and ghee. This sweet pongal looks divine and it tastes awesome with the flavors of ghee and jaggery sweetness.

Try this best sweet pongal recipe / sakkarai pongal at home during pongal or any auspicious occasions. Enjoy with your family and friends. Happy pongal again !!!

Ingredients for Best Sweet Pongal Recipe

Prep Time :10 Cooking Time : 20 mins Serves : 3

- 1/2 Cup of Raw Rice
- 1/2 Cup of Yellow Moong Dal
- 1 Cup of Jaggery
- Pinch of Dry Ginger Powder
- 3 Cardamom Seeds
- Pinch of Nutmeg Powder
- 10 Cashews
- 10 Raisins
- 1/4 Cup of Ghee
- 1 Tsp of Ghee
- 3 Cups of Water

Method for Best Sweet Pongal Recipe

- Soak dal and rice separately in water for 15 mins. Drain the water.
- Dry roast the dal until nice aroma comes. In a pressure cooker, add dal, rice and 1/2 tsp of ghee along with water. Cook it for 5 whistles. Open the lid and mash it well and keep is aside.
- Meanwhile, heat a pan with 1/4 cup of water, add jaggery and wait, until it gets completely dissolves. Strain it to remove the impurities.
- Now to the cooker, add jaggery syrup, mix well in a medium flame, add ghee, cardamom seeds and keep mixing until you get the pongal consistency.
- Heat a pan with ghee, roast the cashews and raisins until it turns golden brown colour. Now transfer this nuts to pongal, finally add a pinch of dry ginger powder, nutmeg powder and mix well.
- Serve hot with ghee drizzled.

Tips

- You can use paagu vellam, the one we use it for adirasam or use normal jaggery.
- If your pongal gets dry, add more ghee and serve.
- If you are using old rice, you need more water. If you are using new rice, it needs less water.
- If you don't have nutmeg powder and dry ginger powder, just omit it.
- Add generous amount of ghee for tasty pongal.



TAGS: [Sakkarai pongal](#), [sakkarai pongal recipe](#), [best sweet pongal recipe](#), [sweet pongal](#), [temple style sakkarai pongal](#), [kovil sweet pongal](#), [innippu pongal](#), [traditional amma style sweet pongal](#), [sweet pongal in pressure cooker](#), [how to make sweet pongal at home](#), [prepare sakkarai pongal recipe](#), [sweet pongal without milk](#), [sweet pongal with sugar](#). [sweet pongal traditional pot method](#).

Knol Kohl Avarampoo Soup Recipe / Diabetes Control Soup



Knol Kohl Avarampoo Soup

Going beyond blood sugar ? Looking for a soup to control diabetes ??? Here is the diabetic friendly soup – Knol Kohl Avarampoo soup recipe. Kohl rabi soup is an awesome soup packed with full of nutrients and fresh flavors. I used two main ingredients. One is Knol kohl is also called kohl rabi / German cabbage. Appearance is almost look like a cross between cabbage and turnip. I usually make kootu, stir fry and sambar with knol kohl. Knol kohl is rich in vitamin A, B, C and dietary fiber. It has anti-cancer and anti-diabetic properties.

The second one is avarampoo also called Cassia auriculata in English, Tangedu in Telugu and Taravar in Hindi.. This flowers are yellow in colour and is widely grown in remote areas. If you cannot find in your place, you can find dried form of avarampoo in ayurvedic medicinal shops (Nattu Marundhu kattai). You can make lot of recipes with avarampoo like kootu, tea, stir fry and soup. Avarampoo has lot of health benefits like it treats skin problems, cure body odour and it controls blood sugar (Diabetes). Both knol kohl and avarampoo are good for circulatory system.

To make knol kohl diabetic friendly soup, you need knol kohl, avarampoo, onion, garlic, tomatoes and spices. Spices added a nice flavor to soup.

Try to include this ayurvedic soup – knolkohl avarampoo soup once a week and it helps to reduce the blood sugar level.

Ingredients for Knol Kohl Avarampoo Soup Recipe

- 3 Knol Kohl, roughly Chopped
- Handful of Small Onion (10 nos)
- Handful of Avarampoo (Fresh or Dried)
- 7 Garlic Cloves
- 1 inch of Ginger

- 1 Tomato (Medium Sized)
- 1 Tsp of Cumin
- 1 Tsp of Black Pepper
- Salt to Taste
- 5 Cups of Water

Method for Knol Kohl Avarampoo Soup Recipe

- Clean and wash the Knol kohl and Avarampoo.
- In a blender, add all the ingredients, grind it to a smooth paste with 1 cup of water.
- Heat a pan, add the remaining water, add ground mixture, let it comes to a rolling boil and then reduce the flame and wait till it reduces to 3 cups of soup.
- Adjust the salt and pepper and turn off the flame.
- Hot, yummy Knol kohl soup is ready to serve.

Tips

- If you don't get Knol Knol, replace it with turnip.
- Don't omit small onion and garlic, they add a nice taste and medicinal value.
- You can find dried form of avarampoo in nattu marundhu kadai or else you can find lot of these flowers in remote villages.

Khol Rabi Soup



Tags: [knol kohl soup](#), [knol kohl avarampoo soup recipe](#), [avarampoo soup recipe](#), [diabetic friendly soup recipe](#), [siddha treatment to control diabetes](#), [Indian style medicine to control diabetes](#), [soup recipe](#), [health benefits of kohl rabi](#), [health benefits of avarampoo](#), [cassia soup](#), [kohl rabi soup](#), [how to make knol kohl soup recipe](#).