

Sago Payasam / Javvarisi Payasam



Sago payasam / Javvarisi payasam is one of my favourite and also very easy to make payasam during festival occasions. You can make this sago payasam either in stove top or pressure cooker method. This javvarisi payasam is a classic sweet in India made on all important occasions like diwali and weddings. Try this sago payasam (sabudana kheer) and enjoy with your family. Wish you all a very happy "Tamil New Year "

Ingredients for sago payasam

- 1/4 Cup of Sago / Javarisi/ Tapioca

- 2 and 1/2 Cups of Milk
- 1/4 Cup + 2 Tbsp of Sugar
- 1 Cup of Water
- 2 Cardamoms
- 1 Tsp of Ghee
- 7 – 10 Roasted Cashews

Method for javvarisi payasam

- Soak sago / javarisi for 1/2 – 1 hr and drain the water.
- Heat a pan with ghee, roast the cashews and keep it aside.
- Heat water in a heavy bottomed vessel, add the soaked sago and cook till it becomes soft.
- Add milk to it, let it come to rolling boil and simmer it for 10-15 mins.
- Add sugar and cardamom, bring it to boil again.
- Finally add cashews and give a quick stir. Switch off the stove.
- Serve it in a bowl, either hot or cold.



Tips

- You can add cream for a thick version of payasam.
- Adjust sweetness according to your taste.
- You can use either sugar or jaggery for sweetness.
- You can add saffron for extra flavor.
- Garnish it with raisins or almonds or pistachios.

Health Benefits of Sago

- Sago provides energy to body as it has carbohydrates content.
- Sago is also low in fat.

- Traditional Indian medicine uses sago in combination with rice to cool the body. Therefore, sago can function as an herbal remedy to treat ailments resulting from too much heat, such as the production of excess bile.



tags : sago payasam,javvarisi payasam,sabudana kheer recipe,javvarisi payasam recipe,sago payasam recipe,how to make javvarisi payasam,how to make sago payasam recipe,sago kheer,easy payasam recipes,tamil new year recipes,how to make sago kheer,prepare sago payasam

Baby Bok Choy Dal- Dal Recipes

Pinit



Bok choy is a part of cabbage family. I got this baby bok choy from chinese store. I always add this green while making fried rice. For a change, I want this green to try with dal, it tasted absolutely divine with a tsp of ghee. This dish is often served over rice or roti

Ingredients

3 Baby Bok Choy

To Pressure Cook

**1/4 Cup of Toor Dal
1/2 Tsp of Turmeric Powder
Pinch of Asafoetida
1/2 Tsp of Salt
1 Tsp of Oil
2 Cups of Water**

To Temper

**2 Tsp of oil
1/2 Tsp of Mustard Seeds
1/2 Tsp of Urad Dal
2 Red Chillies
1/4 Cup of Chopped Red Onion
1 Tbsp of Coconut Flakes
Few Curry Leaves**

Method

- **Soak toor dal in enough water for 1/2 hr. Drain the water and wash the dal in cold tap water. Keep this aside.**
- **In a pressure cooker, add toor dal, turmeric powder, oil, asafoetida, salt and water, cook this for 5-6 whistles. Switch off the stove.**
- **Heat oil in a pan, add red chillies (break it), mustard seeds, urad dal and curry leaves. After they crackles, add onion, fry for 1-2 mins until they turn golden brown.**
- **Add coconut flakes, saute this for 1 min.**
- **Add chopped bok choy, saute this for 1-2 mins.**
- **Add the cooked dal to a pan, cook it for 2 mins. Check the salt and switch off the stove.**
- **Hot bok choy dal is ready.**



Tips

- Serve this dal with [Potato Peas Fry](#) or [Colocasia Fry](#)
- You can follow the same recipe with spinach or any greens.
- You can enrich the taste by adding 1tsp of ghee.
- You can also add lemon juice while serving.

Health Benefits of Bok Choy

- Bok choy is an excellent source of vitamin A, B, C and K.
- Also good source of anti-oxidants.
- Moderate source of minerals like calcium, phosphorous, potassium, iron and magnesium .
- Great source of folic acid and fiber.



[Easy Uppu Urundai recipe / Kara Kollukattai](#)

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Easy Uppu urundai recipe / kara kozhukattai are tasty and healthy snack for kids and adults. My mom used to prepare and give me this uppu urundai when I come back from school. This easy uppu urundai recipe is quick to make snack from rice flour. There are two versions [sweet kollukattai](#) and savory kollukattai. Sweet are made with coconut and jaggery filling. Savory / kara kozhukattai are made with rice flour and tempered with spices.

Ingredients for easy uppu urundai recipe

- 1 and 1/2 Cup of Rice Flour
- 1 Cup of Water (The amount of water depends on the quality of rice flour so adjust accordingly)
- 2 Tbsp of Coconut Flakes
- Salt to taste

To Temper

- 2 Tsp of Oil
- 1 Tsp of Mustard Seeds
- 1 Tsp of Urad Dal
- 1 Tbsp of Bengal Gram Dal
- 3 Red Chillies
- Pinch of Asafoetida
- Few Curry Leaves
- 1/4 Cup of Chopped Red Onion

Other Ingredients

- Few Cilantro Leaves

Method to make kara kozhukattai recipe

- Heat oil in a pan, add all the ingredients listed under " To Temper" After they splutter, switch off the stove and transfer all the tempering items to a bowl containing rice flour, salt, cilantro and coconut flakes.
- In the meantime, boil the water to 100 degree C.
- Pour this to a bowl containing rice flour and tempering items. Mix well with a wooden spoon or a fork. Let this cool down for 5 mins.
- Knead well and make a soft and smooth dough.



- Heat idly pan in a stove. Meanwhile, make a equally sized balls out of the dough. Place this in a idly plate and steam it for 10 mins. Switch off the stove.



- Check it by inserting a tooth prick if it comes out clean then your rice balls are ready.
- Serve hot with [peanut chutney](#) or any chutney of your choice.



Uppu Urundai

Tips

- You can also make rice dumplings with rice batter instead of using rice flour.
- You can add nuts of your choice.
- You can also do this dumplings with fillings like you do for [sweet kollukattai](#).



Health Benefits of Rice Flour

- Rice are great source of carbohydrates, it acts as a fuel to the body and normal functional of brain.
- Excellent source of vitamins and minerals.
- Low in sodium, good for high blood pressure people.



tags : [uppu urundai recipe](#), [easy uppu urundai recipe](#), [kara kozhukattai recipe](#), [how to make uppu urundai](#), [prepare kara kozhukattai](#), [prepare easy uppu urundai recipe](#), [kara kozhukattai recipe for vinayagar chaturthi](#), [kuzhukattai recipe for ganesh chaturthi](#), [kollukattai recipes for pillaiyar chaturthi](#), [kollukattai recipes](#), [neer urundai](#), [steamed rice balls](#).