Navaratri Special Recipe

Arisi Paruppu Payasam

Payasam is a famous South Indian dish. It's a basic rice pudding where they use jaggery instead of sugar (in most cases) and usually any type of lentil is added to make it healthier and richer in texture and taste.

Adding lentils make payasam rich in proteins and since jaggery is added instead of sugar, it is high in iron as well.

Coconut Milk also contributes in the sweetness, making this dessert a fairly healthy dessert with a balanced mix of carbs, proteins and iron.

The recipe we are looking at is a Tamil speciality and is known as **Arisi Paruppu Payasam** in local language.

Course: Sweet | Dessert
Cuisine: South Indian

Preparation Time: 5 minutes
Cooking Time: 25 minutes
Total Time: 30 minutes

Ingredients:

- ¼ cup rice
- 2 tbsp Moong dal
- 1 tbsp chana dal
- ½ cup jaggery powdered or crushed
- ¼ cup coconut milk
- 4-6 cashews halved
- A pinch of cardamom powder
- 2 tbsp ghee or coconut oil
- 1 ½ cup water or more

Instructions:

- Rinse rice properly and soak for 20 minutes. Roast cashew halves in 1 tbsp of ghee/coconut oil and keep aside.
- Heat ghee/coconut oil in a pressure cooker. Roast moong dal and chana dal at low gas till the lentils turn golden. Add rice and roast for about a minute.
- Keep stirring so it doesn't stick at the bottom.
- Add water, mix and cook till 3-4 whistles at medium gas. Open the cooker once the pressure eases off and mash slightly.
- Add jaggery powder and adjust the water quantity. Simmer for a few minutes until jaggery dissolves.
- Turn the flame to low, add Coconut Milk and cardamom powder. Simmer further for a few minutes. Turn off the gas, add roasted cashew halves and serve hot.

Coconut milk is added to get the best flavours.

This payasam becomes thick as it cools down so you could add more coconut milk at the time of serving.

Payasams are usually prepared for Pooja/Neivedhyam purposes or festivals like Diwali, Navratri, Pongal, Onam etc.

Happy Celebrations !!!