

# Navaratri Special Recipe

## Paal Kozhukattai

Paal Kozhukattai is a famous South Indian dish. It's a sweet recipe of rice balls floating in sweetened Coconut Milk.

The main work is to roll the perfect balls. Balls should be small in size and as even as you can get them. This will help in proper absorption of the Liquid and they will get steamed evenly.

Coconut Milk also contributes in the sweetness, making this dessert a fairly healthy dessert with a balanced mix of ingredients.

The recipe we are looking at is a Tamil speciality and is known as **Paal Kozhukattai** in local language.

**Course:** Sweet | Dessert

**Cuisine:** South Indian

### Ingredients:

- 1 cup - Rice flour
- 1/2 cup - Grated Jaggery
- 1/2 can - Condensed Milk
- 1 can - Coconut Milk
- A pinch of Salt
- 2 cups of Water
- A pinch of Cardamom powder

## Instructions:

- Boil 1 cup of water with a pinch of salt and a few drops of oil. Add the rice flour gradually and keep stirring it continuously. It will take hardly 2 minutes to form dough of flour.
- Transfer the dough into a big glass bowl which is lined up with a damp tea towel. Just fold it a bit, do not knead hard. And then cover it with a damp kitchen towel and keep aside for 15 min.
- Take small quantities in hand and roll into balls. Grease your palms well while doing this, else the balls will stick to the hands. Try and spin even equal size balls and keep them in a plate well apart each other. Don't stack them one over other.
- In a deep pan, heat together 1 cup of water and coconut milk together. When it start boiling, add rice balls gradually while stirring gently. Keep the flame at medium.
- Gradually the cooked balls will start floating on the surface. This shows they are cooked enough. At this stage, turn the flame at low and cover the pan. Cook it covered for 5-6 min at low.
- Add coconut milk, cardamom powder and just stir at low for a minute and turn off the flame. Don't over-cook after adding coconut milk or it will curdle.

Coconut milk is added to get the best flavours.

Paal Kozhukattai are usually prepared for festivals like Ganesh Chaturthi, Diwali, Navratri & Golu Festival.

Happy Celebrations !!!