

I. HOW TO MAKE PONGAL

On the day of Pongal, sweet rice known as 'Pongal' is cooked in a new earthenware pot which is placed where the puja is to be performed. Fresh turmeric and ginger are tied around this pot. Then a delicious concoction of rice, moong dal, jaggery and milk is boiled in the pot on an open fire. According to the ritual, this Pongal rice is allowed to boil and spill over. Once the rice is cooked, it is tempered with cashew nuts and raisins fried in ghee. When the Pongal dish is ready, it is offered to the sun god on a new banana leaf along with other traditional delicacies, like vadas, payasam, etc. Some people go to their plots of land to spray some of the Pongal water on their fields.

Ingredients

- » 1 cup Rice
- » 1/4 cup Moong dal
- » 1/2- 1 tsp jeera
- » 1/2-1 tsp peppercorns
- » 1/2 tsp pepper powdered fresh
- » A few Cashewnuts broken
- » 1/2 cup dessicated Coconut
- » A pinch of Turmeric powder
- » Ghee

Method

1. Fry the Moongdal a little till you get a light flavour.
2. Mix the dal with the rice, add 2 -3 cups of water (the rice should cook very very soft)
3. Add turmeric powder, coconut, a few peppercorns and a 1-2 tsp of ghee to the rice and pressure cook till done.
4. When done, take a kadai add sufficient of Ghee to it, more the ghee better it tastes, add jeera, pepper corns and cashewnuts.
5. Add the cooked rice mixture, add pepper powder, salt and mix well with the ghee and jeera/cashewnuts.

The pongal is ready!!! you can add some more ghee at the end if you need. It is best eaten fresh and Hot!!, You can serve it with Coconut Chutney, or Onion/Tomato Raita.

II. VEN/VENN PONGAL

Ingredients

- » Rice 1 Cup
- » Moong Dal 1/4 Cup
- » Black Pepper Powder to taste
- » Zera Powder 1 Tbsp
- » Ginger Paste 1 Tsp
- » Dry Dinger (Sukku) 1 Tbsp
- » Heeng 1 Tsp
- » Cashew for garnishing

- » Margaring/Ghee 2 Tbsp
- » Water 6 Cups
- » Salt to taste

Method

1. Wash rice and dal together and drain nicely.
2. In the Rice cooker heat 1 tbsp ghee.
3. Add rice and dal. Fry till the ghee coats the mixture.
4. Add the rest of the ingredients, except Cashews.
5. Add water. Cover and cook.
6. Keep testing the water level and stir frequently as it has a tendency to stick to the bottom.
7. When rice gets fully mashed garnish with cashews.

III. SAKKARAI/SARKARAI PONGAL

Ingredients

- » 2 litres Milk
- » 1 1/2 cups Newly harvested Rice
- » 1/4 cup Moong Dal
- » 15 no. Cashewnuts
- » 10 no. Almonds
- » 30 no. Kishmis
- » 1/4 level teaspoon Nutrieg Powder
- » 1 1/2 cup Jaggery (grated)
- » 1/4 teaspoon Saffron (crushed)
- » 1 teaspoon Cardamom powder
- » 2 tablespoons ghee

Method

1. Chop almonds and cashewnuts.
2. Clean kishmis.
3. Pour milk in the earthen pot called '**Pongapani**' and place it on fire.
4. When the milk starts boiling add rice and dal, after washing. As soon as the rice and dal are cooked to softness, add jaggery and ghee.
5. Let cook on medium fire for some time and then put in almond and cashewnut bits, saffron, nutrieg and cardamom powders.
6. Now, add the kishmis.
7. Bring to one or two good boils.

IV. CHAKRA PONGAL

Ingredients

- » Long Grain Rice 1 cup
- » Moong Dhal 1/8 cup
- » Milk 1 cup

- » Melted Butter (Ghee) 1/2 to 1 cup
- » Powdered Jaggery (Gur) or Brown Sugar 1 3/4 cup
- » Cardamom Powder 1/2 tsp
- » Raisins 10 no
- » Cashew Nuts (whole) 6 to 8 no

Method

1. Cook rice and moong dal with milk and water until well done.
2. Fry cashews and raisins in ghee until golden brown and keep aside.
3. Take water and add gur (or brown sugar) and boil it until it dissolves and becomes thick.
4. Add cooked rice and dal to gur and keep stirring on low heat until well mixed.
5. Add remaining ghee in spoonfuls and continue stirring.
6. Add powdered cardamom and mix well.
7. Decorate with fried raisins and cashews.
8. Serve with a Smile !

V. SWEET PONGAL

Ingredients

- » 1 cup Raw Rice
- » 1/2 cup Green Gram Dal
- » 1 cup Milk
- » 3 cups Jaggery (powdered)
- » 4 tbsp Ghee
- » 2 tbsp Cashewnuts
- » 2 tbsp Raisins
- » 5 no Cardamoms (powdered)
- » 2 no Cloves (powdered)
- » 1 small piece Nutmeg (grated or powdered)
- » A pinch of Saffron
- » 2 1/2 cups Water

Method

1. Roast dry the green gram dal for a couple of minutes.
2. Cook the rice and green gram dhal with 2 1/2 cups of water and 1 cup milk in the microwave and set aside.
3. Dissolve the jaggery in 3/4 cup water and cook on a low heat till the jaggery melts.
4. Strain the jaggery to remove the dirt.
5. Put the syrup once more on the heat and stir till it becomes slightly sticky.
6. Add the cooked rice and dhal.
7. Heat the 4 tbsp ghee.
8. Fry the cashewnuts and raisins and add to the pongal.
9. Add the powdered cardamoms, cloves nutmeg and saffron.
10. Mix well and serve hot.

VI. RAVA PONGAL

Ingredients

- » Rava 1 cup
- » Moong Dal 1/2 cup
- » Cashew Nuts 10 no
- » Ghee 4 tbs
- » Curry Leaves
- » Chopped Ginger 1 tsp
- » Blackpeppercorn 1 tsp
- » Cumin Seeds 1 tsp
- » Salt to taste

Method

1. Fry the rava without any oil till it is really hot to touch.
2. Fry the black pepper and cumin seeds in a teaspoon of ghee and make a coarse powder of them.
3. Fry the cashewnuts, curryleaves, chopped ginger and keep aside.
4. Pressure cook the moong dal with 1 cup of water.
5. After the pressure subsides transfer the cooked dal to a heavy bottomed pan and add a cup of water.
6. Add the required salt.
7. Allow this to boil well.
8. Add the fried rava to the above boiling (cooked) moong dhal in small measures and stir continuously till the rava is cooked completely.
9. While the rava is being cooked add the ghee little by little.
10. Finally, add the coarsely powdered pepper and jeera and the fried cashewnuts, curry leaves and chopped ginger.
11. If you want a spicy rava pongal you can also use a teaspoon of chopped green chilly.
12. This goes well with coconut chutney.

VII. KHARA PONGAL

Ingredients

- » Moong Daal 1 cup
- » Rice 1 cup
- » Cashewnuts 10-12 no
- » Cumin Seeds, Pepper Powder 1 tsp each
- » Chopped Green Chilli 3-4 no (depending on size and taste)
- » Dry Coconut Flakes 2 tbsp
- » Turmeric Powder 1/2 tsp
- » Salt to taste
- » Water 3 to 3 1/2 cups

Method

1. Take a cooker and heat two tbsp of oil in it.

2. Wash moong daal and the rice and keep it separately.
3. Roast cashew in the oil and keep aside.
4. Now, add mustard seeds and cummin seeds.
5. When the mustard seeds start to crackle, add green chilli and fry for a few seconds.
6. Now, add the moong daal and fry for a minute.
7. Add water and the washed rice.
8. Also add coconut, salt and turmeric powder.
9. Close the cooker and allow it to whistle thrice.
10. After the cooker cools down, add the pepper powder, cashews and chopped cilantro leaves.

Note: You can use ghee instead of oil. Ghee gives a better taste.

VIII. RICE PONGAL

Ingredients

- » Raw Rice -300 gms
- » Moong Dal (yellow or green) 100 gms
- » Hing powder -Half tsp
- » Cummin Seeds- one or two tsp
- » Black pepper- 10 to 12
- » Cashew nuts-10 no
- » Ginger- 1 inch piece
- » Turmeric powder- half tsp (optional, if you like the colour)
- » Clarified Butter or liquified Ghee- four tbsps
- » Curry Leaves- 10 no (optional)
- » Salt- to taste

Method

1. Heat Kadai. Dry roast rice and moong dal till they turn hot to touch.
2. Transfer the rice and dal to a container and wash three times in fresh water.
3. Add water four times the quantity of rice and dal and add salt.
4. Pressure cook for four whistles.
5. In a kadai dry roast cummin seeds and pepper for 2 minutes and powder coarsely.
6. Chop the ginger finely and keep aside.
7. Add one table spoon of ghee in the kadai and roast the cashew nuts (halved) till they turn light brown.
8. Add ginger, powdered cummin seeds, hing powder, turmeric powder and curry leaves and roast for a minute.
9. Take out the cooked rice and dal mix and mash well using a masher.
10. Add all the prepared ingredients and mix well with remaining ghee.
11. Rice Pongal is ready and can be served with coconut chutney.

IX. OTHER PONGAL RECIPES

Soft Idlis

Ingredients

- » 4 Cups (Heaped) - Raw Long Grain Rice
- » 1 Cup (Heaped) And 1/2 Cup - Split Urud Dhal (Even The Split White Variety Serves The Purpose)
- » Salt To Taste.

Method

You measure the raw rice(long grain rice) into a vessel. Do not add water to this rice. Take the pressure cooker and pour 2 cups of water into the pressure cooker. Now Keep the vessel containing the measured rice in the pressure cooker. Close the pressure cooker with the lid. Wait till the steady steam starts coming. Put the weight. When the first whistle comes simmer the electric or gas stove. Allow it to be like that for 5 mints. Then switch off the stove. Allow the pressure to subside on its own. Then add fairly hot water to the rice and soak it for 4 hours. Just an hour before grinding, wash and soak the urud dal.

First grind the urud dal in the mixie. Then grind the rice to a fine consistency. Not too fine as a paste of course. Mix the two and add the required salt. Mix thoroughly. The final batter should not be too thick or too watery. Allow the batter to ferment for atleast 12 hours. Then prepare the idli in the usual manner and really soft idlis will be got.

Paper Dosai

Ingredients

- » 1 Cup (Boiled) Rice(Puzhungal Rice)
- » 2 Cups Raw Rice(Pacharisi)
- » 3/4 Cup Urad Dal
- » A Handful Of Cooked Rice
- » 2 Tablespoons Of Aval(Poha)
- » 1 Teaspoon Venthayam(Methi Seeds)
- » Salt To Taste

Method

Wash all the ingredients except the cooked rice and salt. Soak them in water for atleast 5 hours. Add the cooked rice and grind to a smooth paste with the required amount of water. Add the required salt. Cover and keep aside for at least 10 hours to ferment. Then mix the batter thoroughly. Take a laddle full of batter and spread on a MEDIUM HOT tawa to a thin layer quickly. Rest is the same as you do for any ordinary dosa. When spreading the batter if by chance you see that some parts of the spread area of the dosai is thick do not try to respread it to be thin. This will spoil the crispy nature of the dosai.

Boonda

Ingredients

- » Gramflour =1kg
- » Onion = 2 (chopped)
- » Greenchilles =9
- » Bakingsoda =1/4spoon
- » Salt to Taste

Method

Take 1 litre of oil, put it in a kadhai.heat it 10 minutes. Marinate the above things and keep with that 5 minutes. Take the marinate Putting it in the oil one by one.

Pineapple Rasam

Ingredients

- » 1 Medium Size Pineapple
- » 1/2 Cup Toovar Dal(Sambhar Parippu)
- » 1tsp Gram Dal
- » 1tsp Black Dal
- » 1tsp Pepper
- » 2 Dry Red Chillies
- » 1/2 Tsp Turmeric Powder
- » 1/2tsp Asafoetida
- » 1/2tsp Mustard Seeds
- » A Sprig Of Curry Leaves
- » A Small Bunch Of Coriander Leaves
- » Salt To Taste.

Method

Cook the toovar dal in enough water. Peel pineapple and squeeze out 6 cups of juice adding water if necessary. Fry the gram dal,black dal,pepper red chilli,asafoetida in a tsp of oil and grind to a paste. Mix the paste in a cup of water and add to it turmeric powder & salt.pour the mixture in the pineapple juice and pour this juice into the cooked dal. Add chopped curry leaves & coriander leaves.cook for 10-15 minutes. Fry mustard in a tsp of oil till they splutter and pour it into the rasam.

Rajma Curry

Ingredients

- » 1 can red kidney Beans.
- » 1 large Tommato.
- » 2 medium sized Carrots.
- » 1 Capsicum.
- » 1 large Onion.

Method

Cut carrots and tomatoes and boil for a few minutes till the raw smell disappears. Grate it to a fine paste in the blender. Cut onions and capsicum into fine pieces and fry them in a little oil till the onion turns golden brown. Add the tomato-carrot paste to this. Add 1 tsp chilli powder, 1 tsp garam masala powder, salt to taste.

Pour some water in the mixture so that the gravy is not too thick. When the gravy begins to boil, add the boiled rajma and simmer for a few minutes till the rajma mixes well with the gravy. Serve with chapathis or rice.

Bread Idli

Ingredients

- » 1 Cup Fresh Bread Crumbs
- » 1/3 Cup Rava
- » 1 Cup Slightly Sour Curd (Plain Yogurt)
- » 1 Table Spoon Of Broken Cashewnuts.
- » 1 Teaspoon Mustard Seeds
- » 1 Tablespoons Urud Dhal
- » 1 Teaspoon Chopped Green Chillies
- » 1/2 Teaspoon Chopped Ginger
- » A Handful Of Cut Coriander Leaves And Curry Leveas.
- » 1/4 Cup Of Mixture Of Boiled Vegetables Like Peas, Carrots.
- » Salt To Taste.
- » Oil To Fry

Method

Mix together bread crumbs, rava, curd, cashewnuts, green chillies, ginger, coriander leaves and curry leaves, the boiled vegetable and salt. Heat the oil and add the mustard seeds and urud dhal. When the dhal turns brown add this to the above mixture. Blend well. Crease the idli thattu and steam till well set. It is tastier when eaten hot with any Spicy Chutney.

Milk Payasam

Ingredients

- » 1 litre of Milk.
- » 1/4 cup of raw Rice.
- » 1 cup Sugar.
- » 1/2 tsp powdered Cardomom.
- » Some Cashewnuts.
- » & Ghee.

Method

Heat one litre of milk and when it boils and starts to rise add raw rice. Keep in low heat

with constant stirring until the quantity reduces to one-half. Then add sugar and powdered cardamom. Roast cashewnuts and raisins in ghee and add it to the payasam.

Rice and Green Gram Dhal Pongal Recipe

Ingredients

1 cup Rice
1/4 cup Green Gram Dhal
1 tsp Jeera
1 tsp Pepper (crushed)
1/2 tsp Ginger (minced)
1/2 tsp Green Chilly (minced)
1 tsp Cashew (broken into small pieces)
2 tbs Ghee
1 tbs Refined Oil
1/2 tsp Turmeric
3 tbs Coconut (grated)
Salt to taste

Method

1. Roast the green gram dhal until light brown in colour. Keep aside.
2. Heat the pan (cooker). Add ghee and oil.
3. Add cashew. Fry a little and add ginger.
4. Keep frying and add green chilly.
5. Now add crushed pepper and jeera. Fry and add curry leaves.
6. Add turmeric and sauté.
7. Add enough water. Let it boil.
8. Then add salt, rice, daal and coconut.
9. Cook it for 2 whistles.
10. Serve hot.