

Sweet Pongal: An aromatic experience

Ah, sweet Pongal, this delightful rice and lentil dish also known as “sakkarai pongal” or “sugar pongal”! It’s a must-have for the Ugadi festival, bringing with it an explosion of sweet and spicy flavors. Are you ready to discover how to prepare this sweet pudding that embodies the joy and prosperity of the Ugadi celebration? Here’s the recipe for you!



Ingredients

- ☐ 1 cup Rice
- ☐ 1/3 cup Split yellow moong dal
- ☐ 1 cup Jaggery powder
- ☐ 1/4 cup Ghee
- ☐ 3 cups Water
- ☐ 1 tsp Cardamom powder
- ☐ 10-12 Almonds
- ☐ 10-12 Cashews (chopped)
- ☐ 10-12 Raisins



Directions

- 1 In a rice cooker, lightly roast the almonds, cashews, and raisins in ghee until they turn golden.
- 2 Once roasted, set aside the nuts and raisins. Leave the oil in the pan.
- 3 Rinse the rice and split yellow moong dal thoroughly and drain.
- 4 In the same pan with ghee, combine the rinsed rice and moong dal along and stir fry it for a few minutes. Then add water.
- 5 Bring the mixture to a boil until the rice and dal are cooked and the mixture thickens, stirring occasionally.
- 6 Meanwhile, mix jaggery powder with hot water and let it sit.
- 7 Once the rice is cooked, add the jaggery liquid, roasted nuts and cardamom powder. Mix well.
- 8 Serve warm or chilled, as desired. Bon Appetit!

