Pan of Bliss

Let's cook it real slow!

Palada Payasam

https://panofbliss.com/palada-payasam-rice-pudding/

Cook Time 1 hour hrTotal Time 1 hour



Ingredients

- 1/2 cup Rice ada (rice flakes)
- 1/2 litre Milk (Full cream/fat)
- 1/2 cup Organic sugar/raw sugar
- 1 tbsp Ghee/clarified butter
- 8-10 nos. Cashewnuts
- ¼ tsp Cardamom powder
- 2 cups Water

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Instructions

Milk

1. Boil 1/2 litre of full-cream milk in a deep pan and set aside.

Rice ada/flakes

1. Take ½ cup broken rice flakes. Boil 2 cups of water and add the rice flakes into it, stirring continuously to prevent them from sticking to the bottom of the pan.
2. Cook on a low flame for 10 minutes till the adas/flakes are soft.
3. Once cooked, strain the cooked adas and run them under cold water. Set aside.
4. Meanwhile, in a small pan, heat ghee and fry cashew nuts. Keep aside. Into the boiled milk, add the cooked rice adas and mix well.
5. Boil on medium to low flame until the milk appears creamy and rich.
6. Add cardamom powder and ½ cup organic sugar and mix. Boil for 5 more minutes on a low flame. More sugar can be added if you want the payasam to be sweeter in taste.
7. Switch off the flame and garnish the payasam with fried cashews. Serve hot or cold.

Notes

Tips & Notes You can increase the quantity of milk if needed. It will thicken and become creamy when boiled for some time. Do not boil the milk on a high flame once the sugar is added, as it can curdle. The payasam has to be cooked on a medium to low flame. Jaggery is an alternative to sugar if preferred. But jaggery should not be boiled with milk. The jaggery powder must be added once the payasam is cooked and switched off. Note that jaggery powder will turn the payasam's colour to light brown.