

Sweet Pongal

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[Recipes](#)

This is a great favorite in the south of India, and every home has it's own unique approach, often leading to spirited discussions on the merits of every family's recipe for Sweet Pongal. It is hearty, full of goodies, moist and delicious.

By Meera Vasudevan

Serves 6 | Prep time: 20 minutes | Cook time: 20 minutes



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INGREDIENTS:

- 
1 cup raw rice (preferably short grain), rinsed and drained
- 
1 cup yellow split lentils (mung dal), rinsed and drained
- 
2 cups of milk
- 
1 cup of water
- 
2 cups raw brown sugar (called 'jaggery' in Indian stores)
- 
1/4 cup ghee (clarified butter)
- 
1 tablespoon cashew nuts, broken in half
- 
1 tablespoon raisins
- 
1/2 teaspoon powdered cardamom
- 
1/4 teaspoon saffron (optional – adds fragrance)

PREPARATION:



Add 1/2 teaspoon ghee to a deep pan, add the rice and lentils and roast lightly on low heat for 2 minutes.



Add the milk and water, cover and let it cook on low heat until the rice and lentils are fully cooked and soft.



Mash well with a spoon, add the powdered brown sugar and stir continuously until fully mixed in. Keep on low heat, stirring now and then, for about 10 minutes.



Remove from the stove.



In a small saucepan, add 1 tablespoon of the ghee. Lightly fry the cashews, raisins and cardamom powder in this until the nuts are light golden in color and the raisins begin to plump. Do this all on low heat, otherwise, the nuts tend to burn.



Add to the hot Pongal mixture, stir in gently, add the remaining ghee and stir through. Add the saffron, if using, at this stage, while the Pongal is still hot and stir through.

[Raw Mango Cooler](#)

Mint & Ginger Lemonade

Adai

Sweet Pongal

Saffron Cream Of Wheat Pudding

Spiced Chickpea Snack

Akki Roti

Moroccan Harira Soup

Coconut Chutney

South Indian Salsa