



Girija Paati's Paruppu Payasam (Dhal Kheer) – Tamil Style

Paruppu Payasam (Lentil Kheer) is a traditional dessert that is chock-full of nutritious ingredients, while being so delicious that you'll have no leftovers for sure. The best part is that it requires the simplest of ingredients that can be found in almost every Indian kitchen.

Girija Paati makes two versions of this delicious South-Indian sweet – Tamil style and Keralite style. Here we share the Tamil version which is a bit quicker and simpler to make. We will share the Kerala version of the recipe next.

Serves: 4

Ingredients:

1. Bengal gram – 2 cups
2. Milk – 200 ml – 1 cup
3. Jaggery – 1 cup
4. Water

For the Seasoning:

1. Ghee – 1 tsp
2. Raisins – 10 pieces
3. Cashew – 4-5 pieces
4. Cardamom Powder – to taste

Method:

1. Soak the Bengal gram for about 30 minutes and drain
2. Boil the milk and set aside
3. Add the bengal gram in a cooker with 2 cups of water, cook for 6 whistles
4. In a kadai, add one cup water with the jaggery and allow to boil till the jaggery completely melts
5. Filter the jaggery mixture (to remove impurities) and add back into a clean kadai and allow to boil for 10 minutes
6. Lightly mash the bengal gram, add it to the jaggery water and allow to boil for about 5 minutes before switching of the flame
7. After the jaggery dhal mixture cools for about 5 minutes, add milk and mix well
8. In a kadai, heat ghee and fry the cashew nuts, halfway through add the raisins and fry
9. To the main dish add the cashew raisin garnish, add cardamom powder and mix well
10. Serve hot or cold

Enjoy this hot after a traditional meal as a dessert or as a cold drink, with a side of [Girija Paati's Ribbon Pakoda](#) as an evening snack.

Download the printable recipe [here](#).

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Paruppu Payasam (Dhal Kheer – Lentil Sweet) – Tamil Cuisine – GirijaPaati Style
South Indian traditional vegetarian recipes from an Indian grandmother's kitchen

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