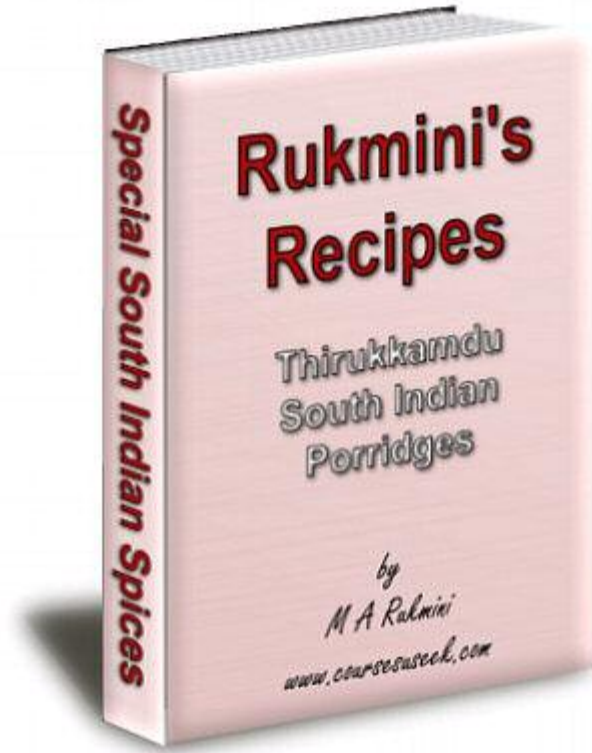


# Thirukkamdu : Porridge



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## About the Author



**M. A. Rukmini** has been experimenting with different recipes for nearly 60 years. As a mother and grandmother she has spent most of her life in the kitchen preparing innovative dishes for her family and friends with great enthusiasm. Her special powders which add a unique flavour to the items she prepares and her practical wisdom polished by years of experience has gained her popularity in the neighbourhood. She is often flooded with queries on improving dishes and creating new dishes. In this series of eBooks she has tried to share her secrets in such a way that even beginners can cook up mouth watering dishes just as she does. She can be contacted at [rukmini@want2learn.com](mailto:rukmini@want2learn.com)

## **Thirukkamdu: Porridge**

Thirukkamdu or Pāyasam is similar to a porridge eaten as a dessert. In India, especially in South India, a number of festivals are celebrated throughout the year. Some of these festivals are associated with religious beliefs and some with special occasions like the Tamil New Year. In all these festivals it is customary to prepare a Pāyasam or Thirukkamdu which literally means a special treat. ‘Amudu’ which is used to refer to food also means nectar [Amudam]. Thirukkamdu means special nectar. In North India similar items are called ‘Khîr’.

The South Indians usually begin their meal with a couple of vegetables, rice and dal. After this first course is finished, the Pāyasam is served. It is served in a cup if it is in liquid form. The solid ones like the ‘Kshirānnam’ [001] are served in the plate itself. Sometimes plantain leaves are used to eat the meal and all the items are served on a big leaf. ‘Kshîrānnam’ has a special taste if eaten from a plantain leaf.

There are also cups made of leaves which are called ‘donnai’. These are used to serve the liquid Pāyasams. Along with Pāyasams, a special rice preparation is served. For these rice preparations called ‘Oharai’ check out the ebook ‘Oharai: Special Rice Preparations.

## **Common Garnishing for all the Thirukkamdu**

1. Roast cashew nuts in ghee. For roasting, take a little ghee in a pan, put the cashew nuts in the ghee and then light the fire. This would ensure that the heating of the ghee and the roasting of the cashew nuts begin at the same time. This helps in roasting the nuts evenly without burning them. Roast till golden brown. Remove the cashew nuts from the ghee and keep aside.
2. Roast the almonds in the same ghee, after removing the cashew nuts. Roast till the colour changes slightly. Remove the almonds and keep aside.
3. Roast the raisins in the same ghee. Roast till the colour changes slightly. Remove the raisins and keep aside.  
[The same ghee can be used later to roast the ingredient mentioned in each Thirukkamdu. For example, in Kèsari Bāth [004], semolina is to be roasted in ghee. After roasting the raisins and removing them from the ghee, you can roast the semolina in the same ghee.]
4. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside.
5. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

After preparing a Thirukkamdu, pour the saffron paste and mix well. Decorate with the roasted cashew nuts, almonds and raisins to form an attractive pattern. This is common for all the recipes in this ebook.

It is also possible to leave out some of these items. For example, it is possible to prepare the Thirukkamdu with only cardamom powder. It is also possible to prepare the items included here with less or more ghee according to individual preferences. The time mentioned here is a rough estimate and it may vary from person to person.

001

## **Kshîrānnam**

### **Rice Milk Porridge**

### **Ingredients required**

1.	milk	2 lit.
2.	ghee	250 gm
3.	rice	100 gm
4.	sugar	750 gm
5.	cashew nut	150 gm
6.	almond	100 gm
7.	raisin	100 gm
8.	saffron	50 gm
9.	cardamom	10 gm

### **Procedure**

Soak rice in water for half an hour.

Prepare for the garnishing. First roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside. [This ghee can be used to add to the Kshîrānnam.] Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

Heat the milk. Remove the soaked rice from water, add it to the milk and keep stirring. Boil the milk and rice together till the rice gets cooked. Then add sugar and keep stirring. As the rice-milk mixture turns into a thick paste add a spoonful of ghee once in a while and then stir. This makes it easy to stir the contents. Cook till the concentrated milk and the cooked rice form a thick paste.

Add the saffron paste and mix well. Add the cardamom powder and mix well. Remove from the fire and decorate with the roasted cashew nuts, almonds and raisins. Pour the remaining ghee evenly on top, cover the pan with a lid and keep it aside for 10 mts.

Now Kshirānnam is ready to serve.

002

## **Sakkarapongal** **Jaggery Rice Special**

### **Ingredients required**

1. ghee	500 gm
2. rice	250 gm
3. green gram (split)	100 gm
4. jaggery	500 gm
5. cashew nut	150 gm
6. almond	100 gm
7. raisin	100 gm
8. saffron	50 gm
9. cardamom	10 gm
10. nutmeg	5 gm

### **Procedure**

Mix rice and green gram (split), cook and keep aside. Add jaggery in small pieces to a glass of water and heat in a separate pan. Boil for about 5 minutes. When it becomes a concentrated solution add the cooked rice and dal mix. Keep stirring. Add spoonfuls of ghee periodically and keep stirring for about 10 mts.

Prepare for the garnishing. First roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside. [This ghee can be used to add to the Sakkarapongal.] Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste. Powder the nutmeg and keep it aside.

Along with the other ingredients used for garnishing, nutmeg is also powdered and added for this dish. This gives a special flavour which is typical for Sakkarapongal .

Add the saffron paste and mix well. Add the cardamom and nutmeg powder and mix well. Remove from the fire and decorate with the roasted cashew nuts, almonds and raisins.

Add two spoons of ghee, cover the pan and keep it aside for 10 mts.

Now Sakkarapongal is ready to serve.

003

## **Akkāravadisal** **Rice Milk Special**

### **Ingredients required**

1. milk	250 gm
2. ghee	4 table spoons
3. rice	10 gm
4. green gram (split)	50 gm
5. bengal gram (split)	10 gm
6. jaggery	500 gm
7. cashew nut	150 gm
8. almond	100 gm
9. raisin	100 gm
10. saffron	50 gm
11. cardamom	10 gm

### **Procedure**

Prepare for the garnishing. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

Roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside.

Roast green gram (split), bengal gram (split) and rice in the same ghee till they turn golden brown. Add about half a litre of water and cook. After it is cooked add pieces of jaggery and milk and cook again. Add spoonfuls of ghee and keep stirring. When it turns into a thick concentration add the saffron paste and mix well. Add the cardamom powder and mix well. Remove from the fire and decorate with the roasted cashew nuts, almonds and raisins.

Pour two spoonfuls of ghee on top, cover it and keep it aside for 10 mts.

Now Akkāravadisal is ready to serve.

004

## **Kèsari Bāth** Semolina Sweet

### **Ingredients required**

1. Semolina	250 gm
2. sugar	250 gm
3. ghee	150 gm
4. water	250 gm
5. cashew nut	25 gm
6. almond	25 gm
7. raisins	25 gm
8. saffron	20 gm
9. cardamom	10 gm

### **Procedure**

Prepare for the garnishing. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

Roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside.

After removing all the ingredients used for garnishing, roast semolina in the same ghee, in medium heat. It would take at least 20 minutes for the semolina to turn light brown. You will also get a nice smell of roasted semolina. The flame should be low, otherwise semolina may not get evenly roasted or may get burnt. Add water and cook. Ensure that lumps are not formed. Add sugar and keep stirring. Add a spoonful of ghee periodically and keep stirring for 10mts. Add saffron and cardamom powder and mix well.

More of saffron is added to this dish. The name Kèsari means saffron. And as the name indicates this is a special sweet of saffron. Decorate the dish with the garnishing prepared earlier. Add a couple of spoons of ghee on top. Cover and keep it aside for 5mts. It is also possible to prepare this item with less ghee or more ghee according to individual preferences. Now Kèsari Bāth is ready to serve. You may serve it hot or cold. The dish will last for two three days without refrigeration.

005

## **Tengāppāl** Coconut Milk Special

### **Ingredients required**

- |             |               |
|-------------|---------------|
| 1. coconut  | 500 gm        |
| 2. rice     | 1 table spoon |
| 3. khuskhus | 50 gm         |
| 4. jaggery  | 500 gm        |

### **Procedure**

Grate the coconut, soak it in warm water and leave it aside for 10 mts. In a pan heat jaggery with water. After the jaggery dissolves, boil for 10 mts. Pass it through a strainer to get a pure solution. Keep it aside to cool. Take the grated coconuts out of the water. squeeze it and collect the milk in a bowl. Pass the coconut milk through a strainer. Using a Mixer grind the khuskhus and rice with a little milk. Add this mixture to the coconut milk and warm it up a little. Do not boil. Remove from fire and allow it to cool. Add the cool jaggery water to this milk and mix well. Put the contents in the refrigerator for about 15 mts.

Now Tengāppāl is ready to serve.

Another variation is **TengāPāyasam**. The ingredients required to prepare this are :

- |               |               |
|---------------|---------------|
| 1. coconut    | 250 gm        |
| 2. rice       | 2 tablespoons |
| 3. sugar      | 150 gm        |
|               | or            |
| 3. jaggery    | 150 gm        |
| 4. cashew nut | 25 gm         |
| 5. almond     | 25 gm         |
| 6. raisin     | 25 gm         |
| 7. saffron    | 10 gm         |
| 8. cardamom   | 10 gm         |

Soak rice for 10 minutes. Grind the soaked rice and grated coconut in a mixer to a paste. Add a glass of water and heat it. Let it boil for 5 minutes. Add jaggery or sugar according to your taste. Boil for 10 more minutes. Prepare for the garnishing and decorate. It would be better to try this Pāyasam once with jaggery and another time with sugar. Both have quite different tastes.

Now TengāPāyasam is ready to serve.

006

## **MoongPāyasam** **Green gram Porridge**

### **Ingredients required**

1. milk	250 gm
2. ghee	2 table spoons
3. green gram (split)	500 gm
4. jaggery	250 gm
5. cashew nut	25 gm
6. almond	25 gm
7. raisin	25 gm
8. saffron	10 gm
9. cardamom	10 gm

### **Procedure**

Prepare for the garnishing. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

Roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside.

Roast green gram (split) in the same ghee till it turns golden brown. Add about a litre of water and cook. After it is cooked add pieces of jaggery and milk and cook again. Keep stirring and cook till the concentration turns into a thick liquid. Usually only cardamom powder is added to this Pāyasam. But if you like you can prepare the garnishing and decorate the dish. It tastes better when it is cooled and served.

Now MoongPāyasam is ready to serve.

**007****SabbarisiPāyasam**  
**Sago Porridge****Ingredients required**

- |    |            |                |
|----|------------|----------------|
| 1. | sago       | 25 gm          |
| 2. | ghee       | 4 table spoons |
| 3. | milk       | 500 gm         |
| 4. | sugar      | 150 gm         |
| 5. | cashew nut | 25 gm          |
| 6. | cardamom   | 10 gm          |

**Procedure**

Prepare for the garnishing. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside.

Roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside.

Roast sago in the same ghee. Cook it in half a glass of water. After it is cooked add milk and sugar and let it boil. Usually only cashew nuts and cardamom powder are added to this Pāyasam. Cover it and keep it aside for 5 mts.

Now SabbarisiPāyasam is ready to serve.

008

## **GasgāPāyasam**

### **Khuskhus Porridge**

### **Ingredients required**

1.	khuskhus	100 gm
2.	ghee	4 table spoons
3.	milk	500 gm
4.	sugar	200 gm
5.	milk	500 gm
6.	cashew nut	25 gm
7.	almond	25 gm
8.	raisin	25 gm
9.	saffron	10 gm
10.	cardamom	10 gm

### **Procedure**

Grind the khuskhus and coconut with milk in the mixer. Heat the mixture with sugar. Let it come to one boil. Then remove it from fire. This mixture should not be heated for a long time.

Prepare for the garnishing. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

Roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside.

Add the garnishing and keep it aside for 5 mts.

Now Gasgā Pāyasams ready to serve.

009

## Carrot Thirukkamudu

### Carrot Porridge

### Ingredients required

1.	carrot	100 gm
2.	ghee	4 table spoons
3.	sugar	250 gm
4.	milk	500 gm
6.	cashew nut	25 gm
7.	almond	25 gm
8.	raisin	25 gm
9.	saffron	10 gm
10.	cardamom	10 gm

### Procedure

Prepare for the garnishing. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

Roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside.

Grate carrot and roast it in the same ghee. Grind the roasted carrot with a little milk in a mixer. Pour it in a pan, add the remaining milk and sugar and boil for 5 minutes. Add the garnishing and keep aside for 5 mts.

Now Carrot Thirukkamdu is ready to serve.

## 010

### **Mundiri Bādām Thirukkamudu** Cashew Almond Porridge

#### **Ingredients required**

- |               |        |
|---------------|--------|
| 1. cashew nut | 50 gm  |
| 2. almond     | 25 gm  |
| 3. sugar      | 250 gm |
| 4. milk       | 500 gm |

#### **Garnishing**

- |               |       |
|---------------|-------|
| 1. cashew nut | 25 gm |
| 2. almond     | 25 gm |
| 3. raisin     | 25 gm |
| 4. saffron    | 10 gm |
| 5. cardamom   | 10 gm |

#### **Procedure**

Grind to a paste, the cashew nut and almond with a little milk in a mixer. Add the remaining milk and sugar and heat in a pan. Let it boil for 10 minutes.

Prepare for the garnishing. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

Roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside.

Add the garnishing and keep aside for 5 mts.

Now Mundiri Bādām Thirukkamudu is ready to serve.

## 011

### **Didîr Thirukkamudu** Instant Porridge

#### **Ingredients required**

1.	milk	500 gm
2.	bengal gram (powder)	2 table spoons
3.	sugar	150 gm
5.	cashew nut	25 gm
6.	almond	25 gm
7.	raisin	25 gm
8.	saffron	10 gm
9.	cardamom	10 gm

#### **Procedure**

Prepare for the garnishing. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

Roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside.

Roast bengal gram powder (chick pea powder) in the same ghee. Add milk and mix well. Ensure that there are no lumps. Add sugar and boil for 5 minutes. Add the garnishing and keep aside for 5 mts.

Now Didîr Thirukkamdu is ready to serve.

012

## **Ravai Thirukkamudu** Semolina Porridge

### **Ingredients required**

1.	semolina	100 gm
2.	ghee	4 table spoons
3.	sugar	250 gm
4.	milk	500 gm
5.	cashew nut	25 gm
6.	almond	25 gm
7.	raisin	25 gm
8.	saffron	10 gm
9.	cardamom	10 gm

### **Procedure**

Prepare for the garnishing. Powder the cardamom after removing the outer skin. Grind the inner black granules to a fine powder and keep aside. Take the saffron, add two drops of milk and grind it to a paste. The saffron and the milk should mix well. It will be a sort of orangish paste.

Roast the cashew nuts in ghee. Take three spoons of ghee and cashew nuts in a pan and roast them on slow fire. When they turn golden brown remove them from the ghee and keep aside. Roast the almonds in the same ghee till the colour changes slightly. Remove the almonds and keep aside. Roast the raisins in the same ghee till the colour changes slightly. Remove the raisins and keep aside.

Roast semolina in the same ghee. Add a glass of water and cook. Semolina will get mashed. Then add milk and sugar and cook again. Boil for 5 minutes. Add the garnishing and keep aside for 5 mts.

Now Ravai Thirukkamudu is ready to serve.