

courtesy : Mrs.Kantheruby Venkatraman

Payasam is a traditional Malaysian porridge served on Vegetarian Fridays, festivals and at weddings. Payasam is sweet and creamy in taste. Serve hot as a dessert.



Ingredients:

- 1kg moong dhal
- 1/2 cup raisins
- 1/2 cup cashew nuts
- 4 cups coconut cream;no additives
- 1/2kg brown sugar;mix with a little water and strain
- 1/4 cup pure ghee
- 10 cups water

Method of preparation:

Dry roast the moong dhal in a wok on low flame. Remove and let the dhal cool down. Then, spread the roasted dhal on a board. Crack the dhal in half using a heavy roller. Remove the skin and set the cracked dhal aside. In a pot, add 10 cups water. Boil the cracked moong dhal till it is cooked (able to squish between fingers). Set the pot aside. In a saucepan heat the ghee. Saute the cashew nut till it is light brown. Set the saucepan aside. Place the pot

with the boiled dhal back on the stove. Turn the flame to low. Add the coconut cream. Mix well. Bring to a boil. Next, add the brown sugar solution. Bring the porridge to a boil again. Finally, add raisins and the sauted cashew nuts(plus the liquid ghee) into the pot. Stir well. Simmer. Serve hot as dessert.