DietCloud – Recipe

Recipe Name: Ada Pradhaman Recipe With Homemade Ada- Kerala Special Payasam Recipe

Diet Type:

Course: Dessert

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 3/4 cup Jaggery - powdered	3
• 1 cup Coconut milk - thick one	
• 2 Cardamom (Elaichi) Pods/Seeds - powdered	
• 1/2 teaspoon Ghee	
• 1/4 cup Rice flour	
• 1/4 cup Hot water	
• Salt - a pinch	
• 1 Banana leaf	
• 1/2 teaspoon Sunflower Oil - for greasing	
• 10 Cashew nuts	
• 1/4 cup Fresh coconut - finely chopped or thinly sliced coconut pieces	
• 10 Raisins	
• 1 teaspoon Ghee	

Preparation

• To prepare Ada Pradhaman Recipe With Homemade Ada, let us first make the ada.

• To make homemade rice ada, in a mixing bowl, combine rice flour with a pinch of salt in a bowl and pour boiling hot water into the flour and combine it to make a dough using a spoon/spatula.

• Close the ada using the other side of the banana leaf.

• Steam cook this for 10-15 minutes.

• Once cool, remove the ada from the leaf and cut into smaller pieces to look flaky.

• To proceed with payasam recipe, heat a pan with ghee on low flame add the cashews, coconut, and raisins till they are golden.

- Turn off the flame and set aside.

- Make sure not to cook after adding coconut milk.
- Garnish with the fried cashews, coconut, and raisins.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)