Sweets for
DURGA PUJA

NEYYAPPAM

A name derived from neyy, meaning ghee, and appam, meaning pancake — neyyappam has its origin in South India. It is a sweet dish originally meant as a teatime companion, but is also served as offering in Hindu temples in Kerala.
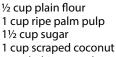
Ingredients
1 cup raw rice
1 cup grated jaggery
¼ cup grated coconut
2 bananas
¼ tsp cardamom powder
Pinch of baking soda
Ghee or oil for deep fry

Method
Rinse the rice and soak in water for 2 hours. After 2 hours, drain the water, grind the rice in a mixer. Until a fine paste is created. Do not add water while grinding. Now add coconut, banana, cardamom powder to the mixer. Grind it to a fine paste. Finally add jaggery, mix well. Let the batter rest for 1 hour. Heat oil or ghee in a pan. Pour the batter into the hot oil and fry the neyyappam on both sides until golden and crisp. Remove from pan. Allow it to cool. Neyyappam is ready to serve.

PALMAND COCONUT CAKE
Ingredients
1 cup rice flour

½ cup plain flour
1 cup ripe palm pulp
1½ cup sugar
1 cup scraped coconut
1 tsp baking powder
2 eggs
1 cup milk cream
1 cup palm oil
Pinch of salt

Method
Fry the rice powder slightly, as you do before cooking semolina. Keep aside to cool. Beat the egg thoroughly and mix all the ingredients except rice powder and flour, mix well. Now add rice powder and plain flour slowly and mix. Make a thick and smooth batter. Grease a mould of about 8-inch diameter with ghee. Pour the batter into a mould. Place the mould in the preheated oven. Set the temperature to 180 degrees Celsius and bake for 35-40 minutes or until a toothpick, when inserted, comes out clean. Once done, take it out from oven and let it cool. Cut into slices and enjoy.

ROASTEDCOCONUTLADDU
Ingredients
2 cup scraped fresh coconut
1 cup dry roasted flattened rice powder
2 cup jaggery
1 tsp ghee
Condensed
2 tbsp chopped nuts