

## Thresi's Cherupayar Payasam (Sweet)

A delicious south Indian dish. A favourite of Thresi Joseph, Team Leader in Mayapuri Slum.



### **Ingredients:**

- 150 to 200g - Green Gram Dal (split mung beans)
- 8 to 10 Cashew nuts
- 8 to 10 Raisins
- 200g - Jaggery
- 3/4 Cup of Coconut Milk
- 1/2 tsp Cardamom
- Salt – As required
- Water (Hot) – As required
- Ghee/ Oil – As required



### **Directions**

1. Fry green gram dal in a pan for a few minutes until golden
2. Add water & salt and cook the green gram dal until soft
3. Boil the jaggery in  $\frac{3}{4}$  glass of boiling water to make a syrup
4. Add the melted jaggery syrup, coconut milk and cardamom powder to the cooked green gram dal and boil it again
5. Fry Raisins & Cashew nuts in some ghee
6. Transfer to a serving dish and sprinkle with raisins and cashew nuts



**Thresi Joseph has been associated with Asha for the last 24 years and is now the team leader in Mayapuri Slum**