



An AIM for Seva Initiative

Nine Naivedyams  
for Navaratri  
with  
Organic Heritage Rice

“In every culture, there are a few festivals with certain forms of expression. If these expressions and customs are removed, life will be robotic. These things demonstrate and re-establish certain values and attitudes, enriching ones life”

– *Swami Dayananda Saraswati, in his book Prayer Guide.*

## Nine Naivedyams for Navaratri with Organic Heritage Rice

| Day   | Naivedyam                           |
|-------|-------------------------------------|
| Day 1 | Thooyamalli Ven Pongal              |
| Day 2 | Ghansal Thengai Sadam               |
| Day 3 | Mapillai Champa Aval Kesari         |
| Day 4 | Garudan Champa Milagu Jeeraga Sadam |
| Day 5 | Arcot Kichili Champa Thayir Sadam   |
| Day 6 | Pongkar Chakkarai Pongal            |
| Day 7 | Thangam Champa Spicy Puliogare      |
| Day 8 | Illupai Poo Champa Banana Appam     |
| Day 9 | Val Sivappu Arisi Payasam           |

# Thooyamalli Ven Pongal

## Ingredients

1 cup thoyamalli rice  
¼ cup split mung beans  
3 cups water  
2 tsp + 5 tbsp clarified butter  
12 whole cashewnuts  
1 tsp salt  
1 tsp asafoetida powder, dissolved in 2 tbsp of water

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## To temper

1 tsp cumin seeds  
½ tsp whole black pepper  
1 tsp ginger, grated  
2 sprigs of curry leaves

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## Method

1. Roast the split mung beans lightly in a pan over low heat; set aside.
2. Cook the split mung beans and rice in 3 cups of water.
3. Heat 2 tsp of clarified butter in a pan. Fry the cashewnuts till golden brown. Slot out.
4. Add the cumin seeds, followed by pepper and sauté. Add the grated ginger and curry leaves.
5. Add the above masala to the cooked dal-rice mixture and stir gently.
6. Add salt and asafoetida; add the remaining clarified butter and mix well.
8. Add the fried cashewnuts and serve.

# Ghansal Thengai Sadam

## Ingredients

2 cups ghansal rice, cooked  
1 cup grated coconut

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## To temper

1 tbsp oil  
1 tsp mustard seeds  
½ tsp split Bengal gram  
2 tsp split black gram  
2 red chillies  
1 green chilli, slit lengthwise  
A few curry leaves  
1" ginger, finely chopped  
8 – 10 cashewnuts  
Salt as needed

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## Method

1. Heat oil in a pan, add the mustard seeds. When it splutters, add split Bengal gram, split black gram and red chillies and fry till they turn golden brown.
2. Add green chillies, ginger, asafoetida, curry leaves and cashewnuts. Sauté until cashewnuts turn golden brown.
3. Add the grated coconut and sauté for a few minutes. Add the salt needed and mix well; switch off the heat.
4. Fluff the cooked rice with a fork; add it to the coconut mixture and serve.

## Mapillai Champa Aval Kesari

### Ingredients

- ½ cup mapillai champa aval (flattened rice)
  - ½ cup sugar
  - 2 cups water
  - 1 tbsp clarified butter
  - 5 cashewnuts
  - A pinch of cardamom powder
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### Method

1. Dry roast the aval for 5 minutes on low flame and set aside.
2. Powder the aval in a mixer into a coarse consistency.
3. Add the clarified butter in a pan and fry the cashewnuts. Set aside.
4. Boil water in a pan and gradually add the roasted aval. Cook on medium flame. Add sugar and let it cook for a few minutes.
5. Add the cashewnuts and cardamom powder when it reaches the desired consistency. Here, you can also add the food colouring; give it a good stir and serve.

## Garudan Champa Milagu Jeeraga Sadam

### Ingredients

- 2 cups garudan champa rice, cooked
  - 6 cashewnuts
  - Salt to taste
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### To make pepper-cumin spice powder

- 1 tsp black pepper corns
  - 2.5 tsp cumin seeds
  - 1 tsp whole black gram
  - 1 tsp split Bengal gram
  - A pinch asafoetida powder
  - 2 tbsp clarified butter
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### To temper

- ½ tsp black mustard seeds
  - 6 – 8 curry leaves
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### Method

1. Heat the clarified butter in a heavy pan and roast the pepper corns, cumin seeds and asafoetida till they are aromatic. Set aside; in the same pan, add the remaining clarified butter and temper the whole black gram and split Bengal gram; fry till golden brown. Grind all the ingredients into a coarse powder.
2. Fry the cashewnuts in clarified butter and set aside.
3. Mix the pepper cumin powder, salt and cashewnuts to the rice.
4. Temper the mustard seeds and curry leaves; pour over the rice mixture and serve.

# Arcot Kichili Champa Thayir Sadam

## Ingredients

¼ cup Arcot kichili champa, cooked  
¼ cup milk, boiled and cooled  
¼ cup curd  
Salt to taste

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## To temper

2 tsp oil  
¼ tsp ginger, grated  
¼ tsp whole black gram  
¼ tsp split Bengal gram  
A pinch of asafoetida  
1 green chili  
A few curry leaves

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## Method

1. Mash the rice when it is hot with a back of a spoon and allow this to cool in a wide bowl.
2. Add the milk, curd and salt to the rice and mix well.
3. Heat oil in a pan and temper the mustard, ginger, whole black gram, split Bengal gram, curry leaves, asafoetida and green chilli.
4. Add the tempered spices to the curd rice; mix well and serve.

# Poongkar Chakkarai Pongal

## Ingredients

1 cup poongkar rice, soaked for 8 hours  
¼ cup split mung beans  
1 ¼ cup palm sugar  
1 tsp cardamom powder  
4 cups water  
A pinch of salt

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## To temper

4 tbsp ghee  
10 cashewnuts  
2 tsp raisins

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## Method

1. Mix the palm sugar and water in a pan; boil this mixture till the palm sugar melts. Filter any impurities and set aside
2. Heat the clarified butter in a pressure cooker and fry split mung beans till you get an aroma; add water and rice along with that. Pressure cook the rice-dal mixture for 5 whistles or till it becomes soft.
3. Open the pressure cooker, when it has cooled down, and mash the rice. Set aside.
4. Fry the cashewnuts and raisins in ghee and pour over the mashed rice.
5. Cook the rice on medium heat for five minutes; mix well and add the remaining clarified butter and serve.

# Thangam Champa Spicy Puliyogare

## Ingredients

1 cup thangam champa  
5 cups water  
¼ tsp turmeric powder  
¼ tsp oil

## To make spice powder

¾ tbsp oil  
3 tbsp coriander seeds  
1½ tsp cumin seeds  
8 dried chillies  
1½ tsp split Bengal gram  
1½ tsp split black gram  
1 tsp sesame seeds  
1 tsp fenugreek seeds  
1 tsp whole black pepper  
2 x 1" cinnamon sticks  
1" piece asafoetida

## To make the pulikaichal

100 gms tamarind  
1 cup water  
2 tsp turmeric powder  
1 tsp salt  
1½ tsp palm sugar, grated

## To temper

1 cup oil  
3 tsp mustard seeds  
3 tsp split Bengal gram  
3 tsp split black gram  
10 dried red chillies  
¾ tsp asafoetida powder  
5 sprigs curry leaves

## To garnish

2½ tbsp oil  
25 gms peanuts  
50 gms copra, diced fine  
1 sprig curry leaves

## Method

### Spice Powder

1. Heat oil in a pan over medium heat. When hot, add the spices for powdering and roast, till aromatic. Remove from heat and cool. Grind to make a fine powder.

### Pulikaichal

1. Extract the tamarind juice using 1 cup of water.
2. Mix the tamarind juice, turmeric and salt in a heavy bottom pan. Boil this mixture over medium heat, till the gravy reduces to a sauce-like consistency.
3. Add palm sugar and cook till well dissolved.

### Rice

1. Wash and cook the rice in 5 cups of water. Grains should be separate. Spread the cooked rice on a platter and let it cool.
2. Mix in the turmeric powder and salt.

### To Season

1. Heat oil in a pan and add the spices and curry leaves; stir in the asafoetida.
2. Pour the tempered spices over the rice.
3. Add the ground spice powder and pulikaichal; mix well.
4. Heat oil in a pan and fry the peanuts and grated coconut till light brown; stir in the curry leaves. Pour over the rice, mix well and serve.

## Illupai Poo Champa Vazhai Pazha Appam

### Ingredients

- 1 cup illupaipoo champa rice
  - ½ cup water
  - 1 cup palm sugar, grated
  - 1 ripe banana
  - ½ cup clarified butter
  - ½ cup oil
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### Method

1. Wash the rice and soak in water for 2 hours. Drain and grind to a fine paste, adding a little water.
2. Add the palm sugar and bananas to the rice batter and grind.
3. Mix the clarified butter and oil together. Fill a quarter of each depression in the appam pan with this.
4. When hot, pour a spoonful of batter into each depression. When the appasm rise, flip over to fry the other side. Remove when golden brown.
5. Make remaining appams in the same way and serve.

## Val Sivappu Arisi Payasam

### Ingredients:

- 1 cup val sivappu rice
  - 5 cups water
  - ¾ gms clarified butter
  - 400 gms sugar
  - 200 gms palm sugar, grated
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### For tempering

- ½ tbsp clarified butter
  - 25 gms raisins
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### Method

1. Wash rice and soak in water for 8 hours or over night. Drain and cook with 7 ½ cups of water – rice should have absorbed the water and not stick at the bottom of the vessel.
2. Boil ½ cup of water in a vessel, add the grated palm sugar. Stir continuously over medium heat, till the palm sugar dissolves. Strain and set aside.
3. Mix the strained palm sugar with the cooked rice in a heavy-bottomed vessel over medium heat. As it starts to boil, add the clarified butter and sugar. Stir till the sugar dissolves and is well blended. Remove from heat.
4. Heat the clarified butter in a pan. Fry the raisins over medium heat, till they puff up. Pour over the payasam and serve.



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