

PALADA PAYASAM

As a part of the EBSB club of N.S.S Training College, Changanacherry, Kottayam, Kerala, I, APARNA R KURUP, of 1st year B.Ed. Mathematics, prepared the dessert Palada Payasam. Palada Payasam is one of the traditional and most popular payasams in Kerala. It might appear like a simple dessert to craft but requires oodles of passion and discipline in equal measure. This is not a dish that involves assembling multiple ingredients and finding the balance but just comprises three ingredients – milk, sugar, ada. This is a two-step process.

First step is to make ada for the payasam. The process of making ada is hard and requires proper training and practice. Rice with bran is taken and soaked in water. Later a little sugar and ghee is added to it and grind it to make a batter in perfect consistency. Then it is poured into banana leaves in small amounts and folded, and put it into boiling water. After 30 minutes the ada is cooked well. It is transferred into cold water. When it cools down completely ada can be separated from the leaves and keep it in water until we use it in the payasam.

Second step is making payasam. It must be done in large brass vessel called “Uruli”, a traditional cookware in Kerala, over a wood fire. This gives special taste to the payasam. Pour a glass of water into it. And later add milk. When milk starts to boil, stir it occasionally. When milk starts to get thicker add ada to it. Then stir it continuously. The milk gets more and more thicker. Ada absorbs the milk content. Then add sugar into it. Stir continuously. Payasam turns to light pink in color. When it gets thicker in proper texture take the uruli away from the flame. Keep it for some time. Now the payasam is ready to serve. It’s a time-consuming process. But the dish will be so delicious that we never forget its taste.