

Semiya Payasam - Vermicelli Pudding

Vermicelli is long, thin wheat pasta that is used in savory dishes and desserts. VERMICELLI PUDDING is one of the more common everyday desserts made when entertaining at home.

Ingredients (To serve 4)

Vermicelli - 6 oz / 170 gm
 Whole cardamom - 8
 Sugar - 1/3 cup
 Milk (2 %) - 4 cups
 Butter - 2 tbsp

Utensils

Mortar and pestle
 2 medium pans

Preparation (5 minutes)

1. Break vermicelli into 2-3 inch pieces.
2. Remove the seeds from two cardamom pods and crush them with the pestle.

Cooking (45 minutes)

1. Heat the milk, 1 cup of water, and sugar in one of the pans. Stir until the sugar dissolves.
2. Add the remaining cardamom pods and cook over low heat.
3. Heat the butter in the other pan.
4. Add the vermicelli to the melting butter, and stir until brown, 1-2 minutes.
5. Add the warm milk and continue stirring on medium heat until the liquid thickens, about 40-45 minutes.
6. Add the crushed cardamom powder.

Serve: Warm or chilled.

Note: The creamier the milk, the richer will be the dessert. Add more sugar if desired.

Nutrition Information

	(per serving)	%DV
Calories	410	21 %
Carbohydrates	62 gm	21 %
Protein	15 gm	30 %
Fat	11 gm	17 %
Cholesterol	34 mg	11 %
Sodium	149 mg	6 %
Fiber	1 gm	4 %
Calcium	362 mg	36 %
Iron	2 mg	11 %