

TIL CHIKKI | SESAME SEEDS BRITTLE

Makar Sankranti is one of the most auspicious days for the Hindus, and is celebrated across the country with great zeal & devotion.

It signifies the end of winter and the beginning of spring.

Sankranti represents the beginning of the farming season, hence its celebrated across the country by everyone.

It is the harvest festival and the farmers pray to be blessed with abundance of harvests.

The festivities associated with Makar Sankranti are known by various names such as Lohri by north Indian Hindus and Sikhs, Sukarat in central India, Bhogali Bihu by Assamese Hindus, and Pongal by Tamils and Makar Sankranti by others including in the states of Maharashtra, Andhra Pradesh and Karnataka.

No Makar Sankranti celebrations are ever complete without til and gur (sesame seeds and jaggery)

Adapted from google –

In fact, til and gur are much more than just festive ingredients as they have a strong cultural and significant link with Sankranti celebrations.

Til and gur are also prized in Ayurveda as two of the most winter-perfect foods that helps to keep the body warm and also increases the immunity at the same time.

Sesame is a rich source of vitamins, minerals, healthy oils. It is also a good source of protein.

The oil present in the sesame seeds helps generate body heat and keeps the internal body temperature from dipping. At the same time, jaggery's iron and vitamin C content has also been used as a traditional remedy for respiratory disorders and throat problems.

Here I've prepared some til chikki or sesame brittles. Do try out and give your feedback.

Preparation time – 5 minutes Cooking time – 20 minutes Makes – 20 pieces INGREDIENTS –

1/2 cup – white sesame seeds

1/8 cup – black sesame seeds

1/8 cup – melon seeds

1/8 cup – peanuts

1/8 cup – chia seeds

3/4 cup – powdered jaggery

Pistachios silvered

Almond silvered

Dry rose petals

3 tbsp – water

METHOD –

Lightly grease a plate or a baking dish with some oil or ghee.

Heat a pan and dry roast white sesame seeds, black sesame seeds, melon seeds and peanuts separately for about 5-6 minutes. Remove and keep aside.

Rub the peanuts in a clean cloth to remove the skin and pound coarsely.

In a bowl add, white seeds, black seeds, melon seeds, peanuts and chia seeds. Stir and mix well.

Heat a pan, add the powdered jaggery and water. Cook on low heat, stirring continuously till it reaches a hard ball consistency.

Add in the seeds and mix well to coat evenly.

Spread the mixture on the greased dish and flatten at all sides equally.

Either cut into desired shapes or just break into barks. Let them cool and enjoy them.

Enjoy your festival with great joy ! Happy Eating.

Hope you liked my recipe.

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And my Instagram page at <http://www.instagram.com/foodnspoons.mani>

Do share your pictures of the recipe tried from the website.