

Rasam

Rasam is a traditional South Indian soup known for its tangy and spicy flavor. This version includes Double Ginger tea to add a refreshing note.

PREP TIME: 15 minutes

COOK TIME: 30 minutes

1 T tamarind paste
2 C water
1 tomato, chopped
1/4 C Toor dal (split pigeon peas), cooked and mashed
1 † mustard seeds
1 † cumin seeds
1/2 † fenugreek seeds

2 dried red chilies
1/4 † asafetida
1 sprig curry leaves
1 † black pepper, coarsely ground
1 † turmeric powder
1 T Double Ginger tea
Salt to taste
Fresh cilantro for garnish

IN A BOWL, dissolve the tamarind paste in 2 C of water. Set it aside.

IN A LARGE POT, heat some oil over medium heat. Add the mustard seeds, cumin seeds, fenugreek seeds, and dried red chilies. Sauté until the seeds start to splutter.

ADD THE ASAFETIDA and curry leaves. Sauté for another minute.

ADD THE CHOPPED tomato and cook until soft.

STIR IN THE TAMARIND water, cooked Toor dal, black pepper, turmeric powder, and salt.

BRING TO A BOIL.

REDUCE HEAT and simmer for 15 minutes.

ADD THE DOUBLE GINGER tea and simmer for an additional 5 minutes.

GARNISH with fresh cilantro before serving.