Indian Mint Sauce (classic)

1 cup Full Fat Yogurt (or ½ cup non-dairy yogurt and ½ non-dairy sour cream)

1/4 cup Coriander Leaves

1/4 cup Mint Leaves

1 Green Chili (or substitute 1 jalapeno pepper, although green chili is best)

Juice of 1/2 Lemon

1/4 tsp Ground Cumin

1/4 tsp Garam masala

1/4 – 1/2 Tsp Sugar

Salt to taste

2 Tbsp of water

Process coriander leaves, mint leaves and green chili in a small blender jar – until smooth. Do not add Yogurt to blender with these ingredients – it will turn thin and watery

Add 1 -2 Tablespoon of water to bring right consistency.

In a small mixing bowl, spoon in the yogurt.

Add the green herbs mixture, salt, sugar, cumin powder, garam masala, and lemon juice to the yogurt.

Whisk them together, until well combined.

Cover and chill until you are ready to serve.

Notes:

Full fat yogurt is better than Low fat yogurt to add needed tartness.

The freshness and coolness of the sauce requires fresh mint and fresh coriander leaves. Do not substitute for dried herbs.

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