

Recipe

South Indian Toor Dal & Tomato Soup -2 (Rasam)

By

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Ingredients

Soup:

- 1 walnut sized ball of seeded tamarind pulp soaked in 1 C of hot water
- 2 C water
- 1 tomato chopped
- 1 green chili
- ½ Tsp yellow asafetida powder
- ¼ Tsp red chili powder
- 2 Tsp coriander powder

- 1 Tsp cumin powder
- 1½ Tsp salt
- 1 Tsp brown sugar/jaggery
- 1 C cooked toor dal water (cook 3 Tbsp toor dal in 1½ C water)
- 2 Tbsp chopped fresh coriander leaves

Tempering:

- 1 Tbsp ghee
- 1 dry red chili
- 1 Tsp mustard seeds
- ¼ Tsp fenugreek seeds
- ½ Tsp urad dal
- ½ Tsp yellow asafetida powder
- 1 sprig fresh curry leaves
- 1 Tsp freshly grounded dry roasted cumin powder
- ¼ Tsp coarsely grounded black pepper powder

Preparation

1. Strain the tamarind, collect the juice and discard the tamarind pulp.
2. Combine the tamarind juice, water, tomatoes, green chili, asafetida, chili powder, coriander powder, cumin powder, salt, sugar, toor dal water and coriander leaves. Simmer and cook uncovered for 30 minutes. Remove from heat.
3. For the tempering; heat ghee in a small sautepan over moderate heat. Add red chili, mustard seeds. When the seeds crackle, add fenugreek seeds, urad dal, asafetida, curry leaves, cumin powder and pepper powder. Swirl the pan for a few seconds and add to the Rasam. Serve hot with rice.

Serves

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Hare Rama Hare Rama Rama Rama Hare Hare