

# South Indian Yogurt Soup (Mor Kolambu)

by Anand Lila devi dasi



"Cooking & offering bhoga  
with love & devotion  
is also samadhi."

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<b>Ingredients</b>	Yogurt.....1 C	<b>Seasoning :</b>	Oil..... 2 Tsp
	Water.....2 C		Mustard Seeds..... 1 Tsp
	Rice.....1 Tbsp		Fresh Curry leaves..... 8-10
	Grated Coconut.....3 Tbsp		
	Green Chilly.....1		
	Dry Red Chilly..... 1		
	Cumin Seeds..... 1 ½ Tsp		
	Turmeric.....½ Tsp		
	Asafetida Powder.....¼ Tsp		
	Salt.....1 Tsp		

- Preparation**
1. Soak the rice in water for 15-20 minutes.
  2. Whisk the curd and keep aside. Now, grind together the soaked rice, coconut, green chilly, red chilly and cumin seeds to a smooth paste.
  3. Combine the grinded paste of spices, yogurt, turmeric, asafetida and salt. Pour this mixture into a saucepan and stirring constantly, bring it to a boil over moderate heat. Then, reduce the heat to low and continue to cook for 15-20 minutes or till the soup becomes thick. Turn off the heat source.
  4. Heat oil in a small pan; add mustard seeds, when they crackle, add curry leaves sauté till the leaves darken. Add it to the soup.
  5. Serve it with coconut rice and papad for a tasty treat!

**Serves :** Four

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