South Indian Yogurt Soup (Mor Kolambu)

by Anand Lila devi dasi

Ingredients

Yogurt...........................1 C
Water............................2 C
Rice..............................1 Tbsp
Grated Coconut.............3 Tbsp
Green Chilly..................1
Dry Red Chilly.............1
Cumin Seeds...............1 ½ Tsp
Turmeric......................½ Tsp
Asafetida Powder........1/4 Tsp
Salt...........................1 Tsp

Seasoning:

Oil.................................................2 Tsp
Mustard Seeds..................1 Tsp
Fresh Curry leaves........8-10

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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