

Recipe

South Indian Sour Tamarind Soup (Vatha Kuzhambu)

By

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Ingredients

- ¼ C of seeded tamarind pulp + 1 C of hot water
- 2½ C water
- 2 Tbsp ghee/gingelly oil (Indian style sesame oil)
- 1 dry red chili
- 1 Tsp mustard seeds
- ¼ Tsp fenugreek seeds
- 1 sprig fresh curry leaves
- ½ Tsp yellow asafetida powder
- 1 Tbsp sambar masala
- 1½ Tsp salt
- 1 Tsp brown sugar/jaggery
- 1½ Tbsp rice flour

Preparation

1. Soak the tamarind in hot water for 20 minutes.
2. Strain the tamarind, collect the juice and discard the tamarind pulp.
3. Heat ghee/oil in a small saucepan over moderate heat. Add red chili, mustard seeds. When the seeds crackle reduce the heat to low. Add fenugreek seeds, curry leaves, asafetida and sambar masala. Stir-fry the spices for 30 seconds (make sure that you don't burn them).
4. Quickly add the tamarind juice, 2 cups of water, salt and sugar. Simmer and cook uncovered for 30-40 minutes or until thickened.
5. In a small mixing bowl, combine the rice flour and ½ cup of water until smooth. Add to the simmering soup. Mix well. Cook for another 5-6 minutes and remove from heat. Serve with rice.

** You may also add some vegetables like pumpkin, green mango, drumsticks etc. to this Soup.

Serves

4

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