

## Recipe

### Cucumber Yogurt Salad (Raita)

## By

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## Ingredients

2 cucumbers  
2 C yogurt  
1½ Tsp salt  
1 Tsp ghee  
1 Tsp cumin seeds  
¼ Tsp ekadashi hing  
7-8 fresh curry leaves  
1 green chili chopped

## Preparation

1. Peel and grate the cucumber. Squeeze the water from the cucumber and keep aside.
2. In a mixing bowl, whisk the yogurt. Add the salt and cucumber.
3. Heat the oil in a small pan over moderate heat. Add the cumin seeds when they darken a few shades add hing, curry leaves and chili. Stir-fry for 30 seconds and add to the cucumber and yogurt mixture. Serve with quinoa pilaf.

Serves: 4-5

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Hare Rama Hare Rama Rama Rama Hare Hare**