



---

Posted on 18 October 2012  
*by Anjana Chaturvedi*

## Tomato Raita (Tomato and Yoghurt Dip)



## Ingredients

Tomato - 4  
Yoghurt - 250g  
Cucumber - 200g  
Sugar - 1 tsp  
Salt -  $\frac{3}{4}$  tsp  
Oil - 1 tsp  
Mustard seeds -  $\frac{1}{2}$  tsp  
Cumin -  $\frac{1}{2}$  tsp  
Black lentil (urad daal) - 1 tsp  
Curry leaves - 10  
Red chilli powder -  $\frac{1}{2}$  tsp  
Asafoetida (Hing) -  $\frac{1}{4}$  tsp  
Turmeric -  $\frac{1}{4}$  tsp

## Preparation

- 1 Take 1 tsp oil in a pan add mustard seeds, cumin, black lentil and curry leaves.
- 2 Saute till seeds start crackling, then add asafoetida and turmeric.
- 3 Add chopped tomatoes and salt, cover and cook till they become soft.
- 4 Now add chilli powder and sugar, cook for a while.
- 5 Take out in a bowl and let it cool down completely.
- 6 Grind it in the mixer and make a smooth paste
- 7 Now add grated cucumber and beaten yoghurt in the tomato paste
- 8 Mix well and add fresh chopped coriander.

9 Serve chilled with pulao, paratha, jeera rice or as a dip.

### **Cooks Note**

Tangy tomato and yoghurt dip with the tempering of cumin and mustard.

\*Tempering "Chaunk" or "Tadka" in Hindi: refers to the frying of Indian spices to release their aroma (in India).

<http://maayeka.blogspot.com> [6] Normal 0 false false false

---