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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).

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