

Lime Juice Rasam Recipe

Ingredients: Serves 3-4

2 cups (500ml) water
90g yellow split lentils, soaked and drained
2 cloves garlic, peeled and crushed (optional)
½ teaspoon ground turmeric
4 teaspoons cooking oil
¼ teaspoon mustard seeds
1 dried chili, halved (optional)
75ml (5 tablespoons) lime juice

Masala:

1 teaspoon chili powder
½ teaspoon ground cumin
12 black peppercorns, crushed
1 sprig coriander leaves (cilantro)
salt to taste

Method:

Bring water to the boil. Add lentils, garlic, if desired, turmeric and 1 teaspoon oil. Return to the boil, reduce heat and simmer for 25 minutes, or until soft. Remove from heat. Using a wooden spoon, mash lentils in the pot until mixture has the consistency of thick soup. Add all masala ingredients to mashed lentils and mix well. Return pot to heat. Add enough water to make about 1 liter (4 cups) rasam, stir and bring to the boil. Remove from heat. Heat remaining oil in a frying pan. Add mustard seeds and dried chili, if desired, and when seeds splutter, add to rasam. Stir in lime juice and mix well. Ladle into bowls and serve either hot or cold.

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