

Parappu Rasam Recipe

(Dhall and Tamarind Soup)

Ingredients:

125 g thuvar dhall or split dhall
225 ml water
100 g tamarind and 225 ml hot water
3 tomatoes, diced
1 stalk coriander (cilantro) leaves
¼ teaspoon asafetida powder (optional)
1 teaspoon salt
1 tablespoon sugar

For tempering:

1 tablespoon oil
1 teaspoon mustard seeds
1 stalk curry leaves

Method:

Remove stones and grit from dhall and wash. Put them in a cooking pot with 225 ml water and bring to a slow boil. Mix tamarind with 225 ml water. Squeeze and strain for juice. When dhall is soft, mash it with a spoon against the sides of the pot. Pour in tamarind juice. Add tomatoes, coriander leaves, asafetida (if using), salt and sugar. Stir and bring to a slow boil. Cover lid and simmer for 20 minutes. Remove from heat. Heat oil in a small wok. When hot, add mustard seeds and curry leaves. Fry until leaves turn brown. Pour this over the parappu rasam. Serve hot or lukewarm.

Note: This rasam is a little sweet. This Dhall and Tamarind Soup may be served in a separate glass or poured directly on rice.

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