

## Tomato Rasam Recipe

**Ingredients:** Serves 8-10

1 cup/220g split yellow lentils  
3.5 liters water  
1 teaspoon ground turmeric  
¼ teaspoon powdered asafoetida  
1 tablespoon vegetable oil  
3 tomatoes, about 375g total, unpeeled, coarsely chopped  
1½ teaspoons tamarind concentrate  
2 teaspoons crushed garlic  
1½ tablespoons rasam masala (see below)  
20g chopped fresh cilantro (fresh coriander)  
Juice of ½ lemon  
18 fresh curry leaves, torn into small pieces  
salt to taste

**For rasam masala:**

1¼ cups coriander seeds  
¼ cup dried red chilies broken into small pieces  
1½ tablespoons cumin seeds  
1 teaspoon black mustard seeds  
1 teaspoon black peppercorns  
¼ cup firmly packed fresh curry leaves  
¼ teaspoon powdered asafoetida

**Method:**

To make rasam masala: In a small saucepan over low heat, separately dry-roast coriander, chilies, cumin, mustard and peppercorns until fragrant and only lightly colored. Place roasted spices in a bowl. Dry-roast curry leaves in pan, tossing, until crisp. Add to spices with asafoetida. Mix well and let cool. Just before using rasam masala, grind to a powder in a spice grinder. Rasam masala can be kept in an airtight jar and stored in refrigerator for up to 6 months. Place lentils in a sieve and rinse under cold running water. Drain well. In large, heavy saucepan, combine lentils, water, turmeric, asafoetida and oil. Bring to boil then reduce heat to medium-low and cook, uncovered, until lentils are mushy, about 30 minutes. Add tomatoes, tamarind and garlic to cooked lentils. Simmer, uncovered, until tomatoes break down, 20-25 minutes. Stir in rasam masala, cilantro, lemon juice and curry leaves. Season with salt. Serve hot.