Snack, Indian

Chilled Cumin Chaas Drink

Chaas is a light Indian yogurt drink whisked with cumin, ginger green chilli paste and black salt, finished with a crackling cumin tempering and a sprinkle of coriander.

6 min	119	5.8 g	5.6 g
time	calories	carbs	sugars



Low fat

Ingredients, 4 servings

- [ ] 2 cups fresh dahi (curd) , whisked
- [ ] 1 tsp cumin seeds (jeera) powder
- [ ] 1/2 tsp ginger-green chilli paste
- [ ] 1/2 tsp black salt (sanchal)
- [ ] salt (namak) to taste
- [ ] 1 tsp oil
- [ ] 1/4 tsp cumin seeds (jeera)
- [ ] a pinch of asafoetida (hing)
- [ ] 2 tbsp finely chopped coriander (dhania)

Method

- [ ] **1** Stir the fresh dahi (curd) in a deep bowl together with the cumin seeds (jeera) powder, ginger green chilli paste, black salt (sanchal) and salt (namak) until evenly combined.
- [ ] **2** Beat in 4 cups of chilled water until the chaas is smooth and frothy, then set the bowl aside.
- [ ] **3** Warm the oil in a small pan and drop in the cumin seeds (jeera) to start the tempering.
- [ ] **4** As soon as the seeds crackle, add the asafoetida (hing) and pour this sizzling tempering over the chaas.
- [ ] **5** Serve the chaas chilled with the finely chopped coriander (dhania) scattered on top.

Nutrition Facts

Per serving

Calories	**119**
Total fat	8.5 g
Saturated fat	Not listed
Sodium	283 mg
Total carbs	5.8 g
Fiber	0.1 g
Total sugars	5.6 g
Protein	4.9 g

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