Dinner, Indian

Tangy South Indian Tomato Rasam

A tangy South Indian tomato broth simmered with a freshly dry roasted spice blend, garlic, curry leaves and a touch of jaggery for balance. Enjoy it piping hot on its own or served alongside rice.



35 min	43	6.1 g	4.8 g
time	calories	carbs	sugars

Nut free

Ingredients, 6 servings

- [ ] 1/2 tbsp chana dal (split Bengal gram)
- [ ] 1 tsp coriander (dhania) seeds
- [ ] 1 whole dry Kashmiri red chilli , broken into pieces
- [ ] 1 pandi chillies , broken into pieces
- [ ] 1/2 tsp black peppercorns (kalimirch)
- [ ] 1 tsp cumin seeds (jeera)
- [ ] 1/4 tsp asafoetida (hing)
- [ ] 1 1/2 cups roughly chopped tomato
- [ ] 2 tsp ghee
- [ ] 1/2 tsp cumin seeds (jeera)
- [ ] 2 tsp crushed garlic (lehsun)
- [ ] 2 round red chillies (boriya mirch)
- [ ] 10 curry leaves (kadi patta)
- [ ] a pinch of asafoetida (hing)
- [ ] 1/4 tsp haldi powder (turmeric powder)
- [ ] 1 tbsp tamarind (imli) pulp
- [ ] 1 tbsp jaggery (gur)
- [ ] salt (namak) to taste, restricted salt for health
- [ ] 1 tbsp finely chopped coriander (dhania)

Nutrition Facts

Per serving

Calories	43
Total fat	1.8 g
Saturated fat	Not listed
Sodium	7 mg
Total carbs	6.1 g
Fiber	0.9 g
Total sugars	4.8 g
Protein	0.7 g

Method

- [ ] 1 Add the chana dal (split Bengal gram), coriander (dhania) seeds, broken whole dry Kashmiri red chilli, broken pandi chillies, black peppercorns (kalimirch), cumin seeds (jeera) and asafoetida (hing) to a small nonstick pan.
- [ ] 2 Dry roast over a slow flame for 4 to 5 minutes, stirring continuously, until the spices turn fragrant, then set aside.
- [ ] 3 Once the roasted spices cool slightly, blend them in a mixer to a smooth powder and keep aside.
- [ ] 4 Warm the ghee in a deep pan, toss in the cumin seeds (jeera), crushed garlic (lehsun), round red chillies (boriya mirch), curry leaves (kadi patta) and a pinch of asafoetida (hing), and saute for a few seconds.
- [ ] 5 Tip in the roughly chopped tomato, add salt to taste, mix well and cook on a medium flame for 8 to 10 minutes, mashing and stirring occasionally.
- [ ] 6 Stir in the haldi powder (turmeric powder), the freshly ground spice powder, the tamarind (imli) pulp and the jaggery (gur), add a little more salt if needed and mix well.
- [ ] 7 Pour in 3 cups of hot water, mix well and cook on a medium flame for 5 to 8 minutes, stirring occasionally.
- [ ] 8 Scatter the finely chopped coriander (dhania) over the top and serve hot.

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