

Cucumber raita

Ingredients

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| 1 | cucumber, grated |
| 450 ml | yoghurt |
| 4 tbsp | dill, finely chopped |
| | black pepper |
| 1 clove | garlic, crushed |
| 1 tbsp | vegetable oil |
| ½ tsp | mustard seeds |
| ½ tsp | cumin seeds |
| pinch | asafoetida |
| 4-5 | curry leaves |

Method

Squeeze out any excess water from the grated cucumber. Mix together the cucumber and yoghurt and stir in the dill, black pepper and the garlic.

Heat the oil in a small pan till smoking and fry the mustard seeds, cumin seeds, asafoetida and curry leaves for a couple of minutes, stirring, until fragrant. Pour this mixture onto the raita and stir through.

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