

Chef Veera

Raita

By Chef Veera Gaul, Ph.D.



Ingredients

1 cup plain Greek yogurt
¼ teaspoon salt
1/8 teaspoon cayenne pepper (plus a sprinkle for garnish)
1/3 teaspoon cumin seeds
1 small tomato, deseeded and diced
½ cucumber, deseeded, peeled and diced
¼ cup chopped cilantro

Preparation

Deseed and dice the tomato and the cucumber. Toast the cumin seeds in a dry pan over medium heat until aromatic and slightly browned. Remove, and use a mortar and pestle to grind the seeds into a powder.

Put the yogurt in a bowl and beat with a fork until smooth and creamy. Add salt, cayenne pepper, the cumin powder, cilantro, chopped tomato and cucumber and mix well. Garnish with a pinch of ground cumin, cayenne and cilantro

Serve with any grilled meats, as a dip or as a condiment for Indian food.

Serves 4-6

Total Time: 10 minutes

Categories: Appetizers, Snacks & Sides, Vegetarian, Gluten Free, Raita, Tzatziki, Indian Yogurt Sauce, Condiment, Veggie Dip, Vegetable Dip, Cumin, Sandwich Spread, Naan, Greek Yogurt