

DESTINATION ASIA

Rasam

Rasam is a heart-warming soup from Southern India that is regularly eaten in Malaysia as a starter. It is made using a blend of spices to create a distinct sour, peppery and chilly taste. Rasam is said to be an excellent recovery food that is full of vitamins and nutrients.

Preparation time 5 Minutes

Cooking time 15 Minutes

Serves 2 - 3 people

Ingredients

- Tamarind (small gooseberry size)
- 1.5 tsp of Rasam powder
- ¼ tsp sugar
- 1 tbsp of chopped coriander leaves
- 1 Tomato
- Pinch of turmeric powder
- Salt (as required)
- 5 curry leaves

To temper

- 1 tbsp of ghee or vegetable Oil
- 2 dried chili
- 4 curry leaves
- 1 tbsp of mustard
- 1 tsp of cumin

Steps

1. Soak the tamarind in hot water for 30 mins then pour through a sieve and keep 3 cups (add extra water if required). Chop the tomatoes into 4 halves.
2. Heat a saucepan and cook the 'To temper' ingredients for 1-2 minutes – adding in order shown.
3. Add the tomatoes and cook until soft.
4. Then add the tamarind extract (3 cups), Rasam powder, turmeric powder, torn curry leaves and half the coriander leaves.
5. Bring to the boil, then add salt and sugar for taste.
6. Switch off the flame and transfer to a serving bowl. Garnish with remaining coriander leaves. Serve with rice. Rasam ready!

Notes / Tips

1. You can two crushed garlic with skin before switching off the flame. This does a magic and gives a great flavour. Do not add more than two but.
2. Rasam need not boil for long time as it will not be tasty. Just bring to boil, makes it frothy.
3. Sugar in rasam enhances flavour and gives a clear rasam.

A recipe from Destination Asia Malaysia

