



Curds Soup*

Serving: 1

Veg

Ingredients

- -100ml Plain Whole Fat Curds
- -1tsp Fennel Seeds
- -1tsp Dry Ginger Powder
- - $\frac{1}{2}$ tsp Cumin seeds
- -3tsp Ghee
- -3 tbsp Blanched Broccoli
- -1tsp Turmeric Powder
- -1tsp Red Chilly powder (optional)
- -1tsp Coriander powder
- - $\frac{1}{2}$ tsp Black Pepper
- -Salt according to taste

Preparation Method

1. Start by blanching the broccoli in two cups of water. But don't throw the water.
2. In a wok add the ghee and heat it. Drop the cumin seeds and let then splutter.
3. Add haldi or turmeric, red chilly powder, dry coriander powder to the ghee.
4. Lower the heat and let it cook for a minute.
5. Allow the water in which the broccoli is blanched to cool. Add it to the curd or yogurt and beat it well.
6. Now add this curds and water mixture to the wok and keep stirring continuously.
7. It is very important that you keep stirring continuously, or else the curd and water will separate, and look like curdled milk. Keep the heat high.
8. Once the soup starts boiling, you can now lower the heat.
9. Grind the Fennel seeds with the dried Ginger and make a fine powder.
10. Drop this powder in the boiling soup. Add the black pepper powder.
11. Allow the soup to cook on low heat, for ten to fifteen minutes.
12. Drop the broccoli and allow cooking for another five minutes. Add the salt and switch off the heat. serve.