



Garlic Rasam (OP I)

Serving: 1

Veg

Ingredients

- -Split pigeon pea(toor dal /arhar dal) soaked- 2 tbsp
- -Garlic paste - 1 tbsp
- -Tomato- $\frac{1}{4}$ cup chopped
- -Asafoetida- $\frac{1}{4}$ tsp
- -Turmeric powder - $\frac{1}{4}$ tsp
- For Rasam Powder
- -Black peppercorn -2-3
- -Coriander seeds- $\frac{1}{2}$ tsp
- -Cumin seeds- $\frac{1}{2}$ tsp
- -Split Bengal gram (chana dal)- 1 tsp

Preparation Method

- Heat a non-stick pan. Roast garlic cloves. Remove and keep it aside. Boil 2 cups of water in pan mix tomato cubes and dal and cook, covered till soft. Mash and reserve along with water. In a non-stick pan dry roast peppercorns, coriander seed, cumin seed, whole red chillies, split bengal gram to golden brown. Cool and pound to a powder.
- Add two more cups of water to tamarind pulp and boil it with salt, masala powder, asafoetida, turmeric powder for 4 mins or till the raw tamarind smell disappear