**Rasam**

Prep time: 20 min Cook time: 10 min

**Ingredients:**

* 1 tbsp seedless tamarind
* ½ cup warm water (for soaking tamarind)
* ½ cup chopped tomatoes
* 10 curry leaves
* 1 pinch hing (asafoetida)
* ½ tsp haldi (turmeric powder)
* 1 tbsp jeera (cumin seeds)
* 1 tsp mustard seeds
* 2 dry red chilies, broken and deseeded
* 2 tbsp coriander leaves, chopped
* 2 tbsp oil (Sunflower or Rice bran)
* Low sodium salt, to taste
* 1½ tsp black peppercorns
* 6 garlic cloves, chopped

**Instructions:**

**Prepare Tamarind:**

1. Soak the 1 tbsp seedless tamarind in ½ cup warm water for 20 to 30 minutes. Squeeze the pulp and set aside.

**Grind the Spices:**

1. In a dry grinder, powder the 1 tbsp jeera, 1½ tsp black peppercorns, and 6 chopped garlic cloves to a semi-fine consistency. Set aside.

**Cook the Rasam Base:**

1. Heat 2 tbsp oil in a pan.
2. Add 1 tsp mustard seeds and let them crackle.
3. Add 10 curry leaves, 2 broken dry red chilies, and 1 pinch hing. Fry for a few seconds until the red chilies deepen in color.

**Add Tomatoes and Spices:**

1. Add the ½ cup chopped tomatoes and sauté until they soften.
2. Stir in the ground jeera, black pepper, garlic mixture, and ½ tsp haldi. Mix well.

**Add Tamarind Pulp:**

1. Add the soaked tamarind pulp and 2 cups water to the mixture. Stir well and season with salt.
2. Simmer uncovered on low heat for about 10-15 minutes to let the flavors meld together.

**Garnish and Serve:**

1. Turn off the heat and add 2 tbsp chopped coriander leaves.
2. Serve hot with steamed rice, idli, or enjoy as a soup.