

# Makai Raab

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**Prep: 5   Cook: 15   Rest: 0   Servings: 1**

## Ingredients

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- grated ▶ Ginger (optional)
- ½ cup ▶ Corn Flour (Makka Atta)
- pinch ▶ Turmeric Salt (optional)
- pinch ▶ Black Pepper (optional)
- 1 cup ▶ Yogurt
- 2 cup ▶ Water
- 1 tbs ▶ Ghee
- pinch ▶ Asafoetida (Hing) (optional)
- pinch ▶ Cumin Seeds

## Instructions

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### 1. Roast Corn Flour

Roast 1/2 cup of corn flour in 1 tbsp of ghee until golden brown and fragrant. This roasting enhances the nutty flavor.

### 2. Combine and Simmer

Slowly add the buttermilk to the roasted corn flour, stirring continuously to prevent lumps. Add cumin seeds, asafoetida (optional), grated ginger (optional), turmeric salt (optional), and black pepper (optional). Simmer on low heat for 15 minutes, stirring occasionally, until thickened to a porridge-like consistency.

### 3. Make Buttermilk

Whisk 1 cup of yogurt with 2 cups of water until smooth. This buttermilk is light on the stomach and aids digestion.

*Source:* <https://youtu.be/YzHJLzUYLMc>