

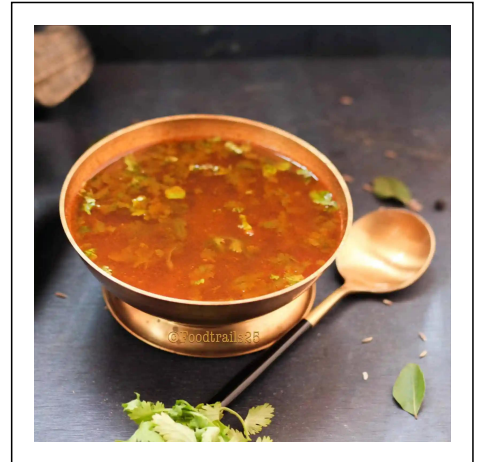
Recipe Name: Jeera Milagu Rasam Recipe - South Indian
Pepper Cumin Rasam

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 30 grams Tamarind - soaked in hot water	4
• 1 teaspoon Whole Black Peppercorns - coarsely pounded	
• 1 teaspoon Cumin powder (Jeera)	
• 1/2 teaspoon Black pepper powder	
• 1/4 teaspoon Turmeric powder (Haldi) - optional	
• Salt - to taste	
• 1 teaspoon Ghee	
• 1/2 teaspoon Mustard seeds	
• 1/2 teaspoon Cumin seeds (Jeera)	
• 1 sprig Curry leaves	

Preparation

- To begin making the Jeera Milagu Rasam - Pepper Rasam Recipe, first extract the pulp from the tamarind and combine it with 3 to 3-1/2 cups of water to give diluted tamarind water.
- Heat ghee in a saucepan over medium heat; add the mustard seeds, cumin seeds and allow it to crackle.
- Add the curry leaves, pounded black peppercorns, cumin powder, black pepper powder, turmeric powder, tamarind water and salt.
- Stir the mixture and give it a brisk boil for 3 to 4 minutes until the raw taste from the tamarind water goes away.
- You can add more water, pepper and cumin if you find the water too tangy.
- Once done, turn off the heat and serve Jeera Milagu Rasam hot.

Macronutrients



Calories (kcal) Protein (g) Carbs (g) Fat (g) Fiber (g) Sugar (g)

