

Recipe Name: Milagu Rasam Recipe - Village Style
Pepper Rasam

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Tamarind Water	4
• 2 Tomatoes - chopped	
• Salt - to taste	
• 1 sprig Curry leaves	
• 2 cloves Garlic	
• 1 teaspoon Whole Black Peppercorns	
• 1 teaspoon Cumin seeds (Jeera)	
• 2 Dry Red Chillies	
• 2 teaspoon Arhar dal (Split Toor Dal)	
• 1 teaspoon Ghee	
• 1/2 teaspoon Mustard seeds	
• Asafoetida (hing) - A pinch	

Preparation

- Transfer this spice mix into a bowl.
- Set aside.
- Take a saucepan, add the tamarind juice, freshly ground spice mix, chopped tomatoes and the curry leaves and let it cook for 10 minutes.
- Simmer the rasam for another 10 minutes.
- Add the salt and adjust it according to your taste.
- Now heat ghee in a pan and add the mustard seeds.
- When they splutter, switch off the heat and add the asafoetida in the ghee.



- Now put it into the rasam mixture and the milagu rasam is ready to be served.

Macronutrients

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