DietCloud – Recipe

Recipe Name: Veppam Poo Rasam Recipe (Neem flower Rasam)

Diet Type:

Course: Lunch

Cuisine: South Indian Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 tablespoon Neem Flowers	2
• 20 grams Tamarind	
• 1/2 teaspoon Rasam Powder - chettinad	
• 1 Tomato - chopped	
• 2 teaspoon Jaggery - powdered	
• 1 tablespoon Ghee	
• Salt - to taste	
• 1/2 teaspoon Ghee	
• 1/2 teaspoon Asafoetida (hing)	
• 1 teaspoon Mustard seeds	
• 1 Dry Red Chilli	
• 5 Curry leaves	

Preparation

• To begin with the Veppampoo Rasam, heat one tablespoon ghee in a pan and fry the neem flowers on a low heat till they turn brown.
• Keep them aside.
• Now soak tamarind in 1 and 1/2 cup of warm water for 10 minutes.
• Extract the juice and discard the pulp.
• The next step is to make the rasam.
• Take a medium size vessel and mix the tamarind juice, jaggery, Chettinad rasam powder, tomato and salt in it.
• Add 1 and 1/2 cup of water into the mixture and let it cook for 10-15 minutes on the low flame until the rasam froths up.
• Once the rasam froths up, add the fried Veepam poo/neem flowers and turn the heat off immediately.
• Keep them aside.

• Now take a tadka pan, heat ghee and temper the mustard seeds, asafoetida powder, dry chilies and curry leaves.
• When the mustard seeds begin to crackle, put it into the rasam mixture.

Macronutrients

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