# DietCloud – Recipe

**Recipe Name:** Andhra Steel Ingavu Charu Recipe - Asfoitida Flavored Tamarand Rasam

**Diet Type:**

**Course:** Lunch

**Cuisine:** Andhra

**Quantity:**



## Description

Andhra Ingavu Charu is a soul-warming South Indian rasam, distinguished by its vibrant tang from tamarind and the pungent, aromatic essence of asafoetida. This comforting soup features tender split toor dal, harmoniously blended with a traditional tempering of mustard, cumin, fenugreek seeds, and fresh curry leaves. Served hot, it is typically enjoyed as a flavorful accompaniment to steamed rice or as a light, digestive soup on its own.
[PROS]
- Rich in plant-based protein and dietary fiber from toor dal.
- Contains digestive spices like asafoetida, cumin, and fenugreek seeds.
- Tamarind provides antioxidants and aids in digestion.
[CONS]
- Can be high in sodium if not mindful of salt addition.
- Acidity from tamarind may not suit everyone with sensitive stomachs.
[DIETITIAN REVIEW]
This Andhra Ingavu Charu is an excellent choice for a light yet nourishing meal component, offering a good balance of plant protein and fiber. The inclusion of traditional spices not only enhances flavor but also contributes significantly to digestive health. Its high antioxidant content from tamarind and curry leaves further boosts its nutritional profile. Score: 8/10

## Ingredients

| Ingredient | Quantity |
|---|---|
| • Tamarind Water | 2 cup |
| • Arhar dal (Split Toor Dal) | 1/2 cup |
| • Asafoetida (hing) for rasam | 1 teaspoon |
| • Salt | to taste |
| • Mustard seeds | 1 teaspoon |
| • Cumin seeds (Jeera) | 1 teaspoon |
| • Methi Seeds (Fenugreek Seeds) | 1 teaspoon |

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|---|---|
| • Curry leaves | 1 sprig |

- Asafoetida (hing) for tempering — 1 pinch

- Sunflower Oil for cooking

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## Preparation

• 1.

• Wash and pressure cook the Arhar dal (Toor Dal) with 1.

• 5 cups of water until soft and mushy.

• Mash it well and set aside.

• 2.

• In a deep pan, combine the tamarind water, cooked and mashed dal, 1 teaspoon of asafoetida (for rasam), and salt to taste.

• Add about 1-2 cups of water to achieve desired consistency.

• 3.

• Bring the mixture to a gentle boil, then reduce heat and let it simmer for 10-12 minutes, allowing the flavors to meld.

• Skim any foam that rises to the top.

• 4.

• Meanwhile, prepare the tempering: Heat sunflower oil in a small pan.

• Add mustard seeds, and once they splutter, add cumin seeds and fenugreek seeds.

• 5.

• Once the cumin seeds turn aromatic, add the curry leaves and a pinch of asafoetida (for tempering).

• Sauté for a few seconds until the curry leaves are crisp.

• 6.

• Pour the hot tempering over the simmering rasam.

• Stir gently, cover the pan, and let it rest for 5 minutes before serving to infuse the flavors.

• Serve hot with steamed rice.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|
| 120 | 2 | 25 | 2 | 2 | 10 |