

Rasam Idli with Curry

INGREDIENTS

- 1 tsp coriander (dhanian) seeds
- 3 whole dry kashmiri red chillies , broken into pieces
- 5 to 6 black peppercorns (kalimirch)
- 1 tsp toovar (arhar) dal
- 1/2 tsp chana dal (split bengal gram)
- a pinch of cumin seeds (jeera)
- 2 tbsp toovar (arhar) dal
- 1/2 cup finely chopped tomatoes
- 1/4 cup tamarind (imli) pulp
- a pinch of turmeric powder (haldi)
- a pinch of asafoetida (hing)
- salt to taste
- 2 tsp ghee
- 1/4 tsp mustard seeds (rai /sarson)
- 6 to 7 curry leaves (kadipatta)
- 2 tbsp finely chopped coriander (dhanian)

METHOD

1. For the rasam powder, combine the coriander seeds, dry red chillies, peppercorns, 1 tsp toovar dal, chana dal and cumin seeds in a small broad non-stick pan and dry roast on a medium flame for 2 to 3 minutes. Keep aside to cool completely.

2. Once cooled, blend in a mixer to a smooth powder. Keep the rasam powder aside.
3. Combine 1½ tbsp of toovar dal and 1 cup of water in a pressure cooker and pressure cook for 3 whistles.
4. Allow the steam to escape before opening the lid.
5. Blend the dal mixture using a hand blender till smooth.
6. Add the rasam powder, mix well and keep aside.
7. Combine the tomatoes, tamarind pulp, turmeric powder, asafoetida, salt and 3 cups of water, mix well and cook on a medium flame for 8 to 10 minutes, while stirring occasionally.
8. Add the prepared dal-rasam powder mixture, mix well and cook on a medium flame for 3 to 4 minutes, while stirring occasionally. Keep aside.
9. For the tempering, heat the ghee in a small non-stick pan and add the mustard seeds and curry leaves
10. When the seeds crackle, add the tempering to the prepared rasam, mix well and cook on a medium flame for 1 minute.
11. Add the coriander and mix well.
12. Divide the rasam into 6 equal portions and keep aside.

How to proceed:

1. Just before serving, place 4 idlis in a serving bowl, pour a portion of hot rasam over it.
 2. Repeat step 1 to make 5 more plates.
 3. Serve immediately with coconut chutney.
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