

POONDU RASAM

preparation time: 15 minutes
cooking time: 45 minutes
chilli rating: mild

difficulty level: easy
serves: 6 as a main meal

ingredients

300g toor dal (yellow lentils), rinsed
1 tsp ground turmeric
1 tsp vegetable oil
½ tbs cracked peppercorns
1 tbs garlic, crushed
1 sprig fresh curry leaves
2-3 ripe tomatoes, chopped
1 tbs tamarind paste
salt, to taste

tempering

50ml vegetable oil
½ tsp black mustard seeds
½ tsp cumin seeds
¼ tsp ground turmeric
¼ tsp asafoetida
1 sprig fresh curry leaves

method

Cook the lentils in 5 litres of water and bring to the boil. As soon as the water boils, add the turmeric and vegetable oil.

Add the peppercorns, garlic and curry leaves to the cooked lentils.

The lentils should be completely soft and the water should have reduced to about 3 litres. Add the tomatoes and tamarind paste and season to taste. Cook until the tomatoes are very soft. Set aside.

Tempering: In a heavy-based saucepan heat the oil. Remove from the heat and add the mustard seeds, let crackle then add the cumin seeds, turmeric and asafoetida.

Place the curry leaves on top of the cooked lentils and pour the tempering on top.

Serve immediately with vegetable nilgiri khurma and thakkali saadam (tomato rice) with a pachadi (raita) side dish and appalam (papadum).

Ajoy's tips

Click [Ajoy's blog on turmeric](#) to read about these dishes and the uses of turmeric.

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