

Cucumber Raita

(10 servings)



Ingredients:

- 2 tsp Cumin seeds
- 2 cups plain full-fat Yogurt
- 2 medium Persian Cucumbers, finely chopped
- Generous pinch red Chili powder
- 2 tbsp finely chopped Mint (or cilantro)
- Kosher salt

Method:

- Add cumin seeds to a small skillet over medium heat.
- Toss seeds until fragrant and beginning to pop - about 1 minute.
- Transfer the seeds to a mortar and pestle and crush to a coarse powder.
- In a medium bowl, whisk to combined the yogurt, cumin, cucumber, chili powder and mint or cilantro.
- Season with salt to taste and serve to accompany the main dish.