

Raita

Learn to make authentic Indian cucumber raita in 15 minutes. This refreshing yogurt-based condiment pairs perfectly with biryani and spicy dishes.

15 min

PREP

15 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 cup plain yogurt
- 1 tsp cumin
- 1 tsp cilantro (coriander)
- 1 red chilli
- 2 cucumber
- 1 tbsp pomegranate
- 1 green pepper
- 1 tomato
- 1 onion
- 1 tsp fresh lemon juice
- 1 tsp rock salt
- 3 mint

Instructions

1 Prepare the aromatics

Combine 1 chopped onion and 2 green chilies in a small bowl. Add 1 tablespoon lemon juice and toss to coat. Set aside for 5 minutes to mellow the onion's sharpness.

2 Toast and grind spices

Heat a dry skillet over medium heat for 1 minute. Add 1 teaspoon coriander seeds, 1 teaspoon cumin seeds, and 1 red chili to the hot pan. Toast for 30-60 seconds until fragrant and lightly darkened, shaking the pan frequently.

- 3 Transfer the toasted spices to a mortar and pestle or spice grinder. Grind until you have a fine powder with no large pieces remaining, about 1-2 minutes.
- 4 **Make the yogurt base**

Place 3 cups plain yogurt in a large mixing bowl. Add the ground spice mixture, 1 teaspoon rock salt, and 1 teaspoon sugar. Whisk vigorously until completely smooth and no lumps remain, about 1 minute.
- 5 **Add vegetables and herbs**

Add 1 diced cucumber, 1 chopped tomato, and the marinated onion mixture to the seasoned yogurt. Fold in 3 tablespoons pomegranate seeds, 1 handful chopped coriander leaves, and 1 handful chopped mint leaves until evenly distributed.
- 6 Taste and adjust seasoning with additional salt if needed. Cover and refrigerate for at least 20 minutes to allow flavors to meld before serving. Stir once before serving as ingredients may settle.

Tips

Use the 2:1 ratio rule - for every 2 cups of plain yogurt, add only 1 cup of finely chopped fruits and vegetables to maintain the perfect consistency.

Always taste cucumbers before use and avoid those that are bitter or sour, as they can spoil the entire dish's flavor.

Choose cucumbers with small seeds for better texture, and peel Indian cucumbers thoroughly as they have thicker skin than regular varieties.

Marinate chopped onions in lemon juice for 2-3 minutes before adding to neutralize their strong flavor and achieve a smoother taste.

Toast and freshly grind your spices for maximum flavor impact - roast cumin and coriander seeds for 30 seconds before grinding.

Use rock salt instead of regular table salt for an authentic taste and better flavor integration.

Add fresh herbs like coriander and mint leaves just before serving to maintain their vibrant color and fresh flavor.

Refrigerate the prepared raita for at least 20 minutes before serving to allow flavors to meld, and always stir well before each serving.