

Beans, Rice And Everything Nice

Rasam Powder

Rasam is a type of spicy South Indian tomato soup. Here is the recipe for the spice blend that gives the soup its heavenly flavour.



original recipe by beansriceeverythingnice.weebly.com

Whole Ingredients

- 1/4 cup coriander seed
- 1 tablespoon cumin seed
- 1/4 teaspoon fenugreek seed
- 1-2 teaspoons black peppercorns
- 1-3 dried red chiles

1. Heat a dry, heavy-bottomed pan over medium heat. When hot, drop in the coriander seeds and stir, toasting the seeds until they are slightly darker and fragrant, about 1 to 2 minutes. Pour the seeds onto a plate to cool. Repeat the process with the cumin seed. The cumin seed will toast much more quickly, only about 30 seconds or so. Watch closely so the seeds don't burn. Pour onto the same plate to cool. Repeat the process once more with the fenugreek seeds. Fenugreek will toast very quickly as well. Watch to make sure they don't burn. Add to the rest of the cooling spices. When done, turn off the heat and put your hot pot on a cool burner. Leave it alone until completely cool to avoid damage to the pot.
2. Place all the seeds, the peppercorns and the chiles in a coffee / spice grinder and grind into a powder. Pour into an empty spice jar and cover tightly with a lid.

Ground Spices

- 1/4 cup ground coriander seed
- 2 tablespoons ground cumin seeds
- 1/4 teaspoon fenugreek seeds, toasted and ground
- 1/2 teaspoon ground pepper
- 1/4 teaspoon cayenne pepper or chile flakes

1. If you don't want to use or can't find the whole spices, you can use the dried, powdered versions and follow this recipe instead. I have never seen pre-ground fenugreek seeds and have included the whole seeds, which you must grind yourself, in the recipe. You can leave them out if you wish. The soup will be fine, but they do add a more authentic flavour and aroma. Feel free to increase the amounts of black pepper and chile flakes as you wish. Remember, you can add more heat as you are making the soup but you can't take it away as easily.
2. In a small bowl, thoroughly mix the ground spices and pour into a clean spice jar. Cover tightly with a lid and store in a cool, dark location.