



Indian Yogurt Sauce

Raita

As Sudha Chalicham and Venu Chaganti, from Andhra Pradesh, India, taught Lindsay Sterling in Scarborough, ME.

Note: Raita is a cooling yogurt sauce that balances spicy food. You can find Indian yogurt at Indian markets. It does have a slightly different taste and texture than American brands. When I can't get to the Indian market, I use Faye brand whole or 2% because it is closest to the Indian yogurts I have experienced and doesn't have a bunch of extra stuff in it.

Makes: 4-6 servings

Cooking time: 5 minutes

Ingredients

- 1 Tbsp chopped cilantro
- 1 cup plain yogurt (Faye whole or 2% is closest to Indian yogurt)
- 1/2 tsp salt
- 2 Tbsp diced fresh tomato (optional)
- 1 Indian green chili (super hot, and small, also known as Thai chili), sliced into thin circles
- about 1/2 cup water, depending on how thick your yogurt is

Instructions

Add cilantro, yogurt, salt, tomato (optional), and chili pepper to a mixing bowl. Mix in enough water so that the texture of the sauce is loose but not watery. Enjoy with spicy food.