



Raita

Yogurt is an great complement to spicy Indian meals—it's cooling to your palate and provides a nice, acidic contrast. Yogurt is also a very nutritious food—it's beneficial bacteria help to replenish the beneficial microflora in your body. But (!) make sure to get a good, organic yogurt with live bacteria. Stonyfield is one good and readily available brand.

Ingredients

2 cups plain yogurt

½ small onion, minced

2 small cucumbers, peeled, seeded and cut in small dice

½ teaspoon ground cumin

1 or 2 pinches chili powder

salt to taste

optional: 3 tablespoons minced mint leaves, cilantro and/or squeeze of lime

Procedure

1. Put yogurt in a sieve or colander lined with a cheesecloth. Tie it up into a ball and put a weight on top of it. Let it drain in the refrigerator for at least 1 hour (you can do this overnight, too, if you wish).
2. Transfer thickened yogurt to a serving bowl and beat it with a fork or whisk for a minute. Add remaining ingredients, stir well and adjust seasonings.
3. Serve cold.

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