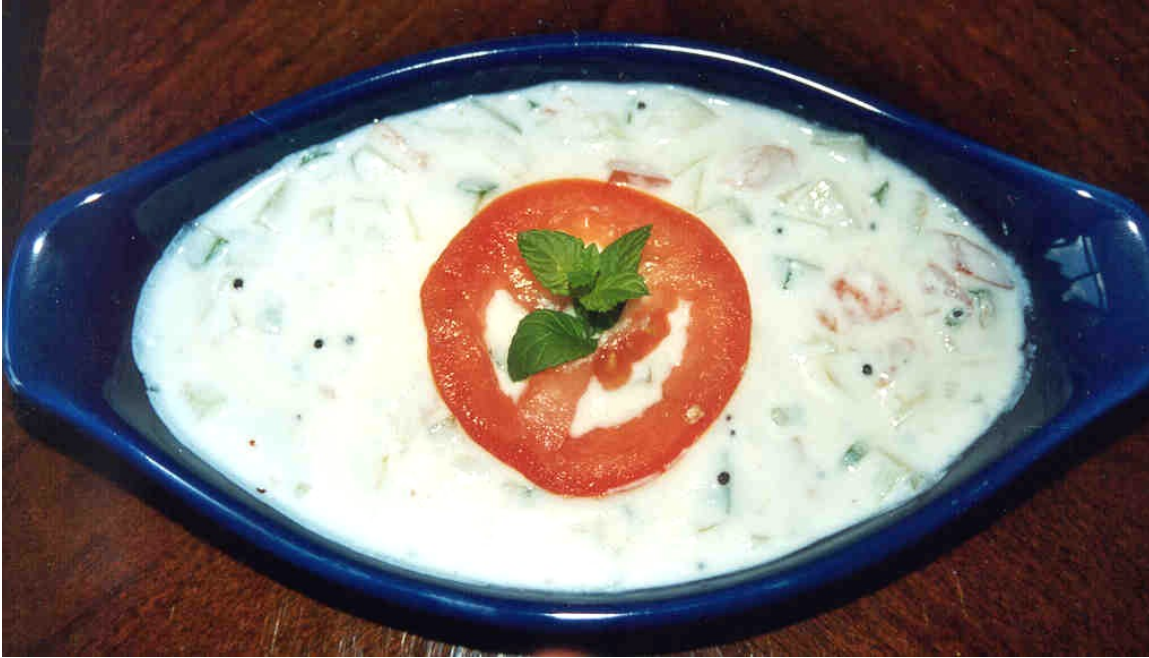


Yogurt Recipes

Mixed Vegetables *Raita*



Ingredients:

1 medium ripe tomato	1/2 tsp. <i>channa dal</i>
1 small onion	1/4 tsp. mustard seed
1/2 small cucumber	1/4 fresh jalapeno chilies
1 medium carrot	1 tsp. oil
2 cups plain Taaza™ yogurt	1 tbsp. chopped curry leaves
2 tbsp. minced fresh cilantro	

Preparation and cook time: 10 minutes

Makes: 4 servings

Method:

- 1) Chop tomatoes, cucumber, carrot and onion into small ¼ inch cubes.
- 2) Mix them in a bowl by adding salt.
- 3) Heat 1 tsp. oil in a small pan over low heat; add *channa dal* and mustard seeds. When seeds crackle in about 30 seconds, add chilies and curry leaves and stir for a minute.
- 4) Remove from heat and let it cool.

Add yogurt to the vegetable mixture and pour oil with seeds and chilies over *raita* and mix well. Garnish with cilantro.

Corn *Raita*

Ingredients:

1 cup plain Taaza™ yogurt
2 cups fresh, frozen, or canned corn kernels
1/4 cup chopped red bell pepper
1 tbsp. minced fresh cilantro
1/4 tsp. cumin seed
1/4 tsp. mustard seed
1/4 jalapeno pepper minced 1 tsp. oil

Preparation time: 15 minutes

Makes 6 servings

Method:

- 1) Microwave fresh corn in a bowl covered with a lid or plastic wrap for 5 minutes. Sprinkle salt to taste and let the corn cool for 5 minutes.
- 2) Heat 1 tsp. oil in a small pan over low heat; and add mustard and cumin seeds, when the mustard seeds start to pop, add chopped jalapeno and turn off the stove and pour it over the cooked corn.
- 3) Add yogurt to cooked corn and sprinkle some more salt if desired and garnish with cilantro.

Cucumber *Raita*

Ingredients:

2 cups plain Taaza™ yogurt	
1 cucumber peeled and grated	1 tsp. oil
2 tbsp. minced fresh cilantro	1/4 tsp. sugar
1/4 tsp. cumin seed	1 tbsp. curry leaves
1/4 tsp. mustard seed	Salt to taste
1/4 fresh green chili	
1/4 tsp. ground black pepper	

Preparation and cook time: 15 minutes

Makes 6 servings

Method:

- 1) Put the grated cucumber into a mixing bowl.
- 2) Heat 1-teaspoon oil in a small pan over low heat; add cumin and mustard seeds. When seeds crackle in about 30 seconds, add chilies and curry leaves and stir for a minute (Curry leaves are not available everywhere, so it's okay if you don't have them. *Raita* will still taste good with all the other ingredients). Remove from heat and let it cool.
- 3) Add yogurt to grated cucumber, sprinkle salt and pepper, sugar and mix well.
- 4) Pour oil with seeds and chilies over raita. Garnish with cilantro.

Add small quantity of milk if you like *Raita* to be less sour. Cucumber *raita* is commonly served in Indian restaurants along with *pulav* - the Indian spicy rice.

Yogurt Rice



Ingredients:

- | | |
|---|---------------------------|
| 1 cup rice | 1 tsp. mustard seeds |
| 2 cups Taaza™ yogurt | 1 tsp. <i>channa dal</i> |
| 2 cups water | 1 tsp. <i>urad dal</i> |
| 1 small green chili | 3 tsp. chopped cilantro |
| 1/2 small cucumber | 1/2 tsp. sugar (optional) |
| 1/4 cup cashews pieces | 2 tbsp. oil |
| 1 tsp. chopped curry leaves
(optional) | 2 red dry chilies |

Preparation and cook time: 15 minutes

Makes: 4 servings

Method:

- 1) Cook rice in 2 cups of water. Let the rice cool.
- 2) Heat oil in a frying pan over medium heat. Add cashews, mustard seeds, split chickpea lentil (*channa dal*), Black gram lentil (*urad dal*), red chili, and chopped curry leaves.
- 3) When cashews turn slightly brown and seeds crackle, add chopped chilies; roast for 2 minutes and turn off the heat.
- 4) Add the 1/2 portion of cashews and spice mixture over cooled rice, add yogurt, chopped cucumber, salt, sugar, and mix well.

Garnish with chopped cilantro and cashew seasoning and serve with hot pickle.

Mango Lassi

Ingredients:

1 quart mango pulp
1 quart Taaza™ plain yogurt
1 quart water
½ cup sugar or as needed
¼ teaspoon cardamom

Method:

Blend all the ingredients in a mixer and serve it with ice cubes.

Spicy Lassi

1 quart Taaza™ plain yogurt
1 quart water
1 tablespoon Taaza™ Bhel and Chat Chutney (Cilantro Mint Chutney)
Salt to taste

Method:

Blend all the ingredients in a mixer and serve it with ice cubes.