

RAITA SAUCE

Last Modified: 08/10/2014

PREP: 25 Min

COOK: N/A

F EASY

SAUCE

MAKES 1 3/4 CUPS

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Cups	Plain Yogurt (Stoneyfield)	
1	4 Inch	Seedless Cucumber	Unpeeled
1	Tbsp	Fresh Dill Weed Leaves	Minced
OR			
1/2	Tsp	Dried Dill	
1/2	Tsp	Ground Cumin	
1 +/-	Tsp	Kosher Salt	To Taste

PREPARATION

FACTOID	Raita is a condiment based on Yogurt. It is not spicy at all, just very fresh and flavorful. This is a sweet Cucumber, Yogurt, Dill based Sauce usually served along with grilled Indian and Moroccan foods.
TOOLS	1) Medium Mixing Bowl 2) Box Grater
OPTION	If you like a thicker Sauce, place the Yogurt in a fine wire strainer over a small mixing bowl. Seal with plastic wrap and refrigerate for at least 1 hour before mixing.
PREP	DISH 1) Mince the Dill Weed Leaves and set them aside.
1	Put the Yogurt in a medium non-reactive bowl. Halve the Cucumber lengthwise and scoop out any seeds with the point of a teaspoon. Using the large holes of a box grater, grate the Cucumber into the bowl of Yogurt.
2	Add in the Dill, Salt, and Cumin and stir well to combine. Seal with plastic wrap and refrigerate the sauce for at least 15 minutes for the flavors to combine.
SERVE	Serve as a side dish while ice cold.

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