

Indian Cucumber Raita

Ingredients

2 cups plain Greek yogurt
1 English cucumber, peeled and shredded
1 3/4 ounce packet of fresh mint, stems removed and chopped
1/2 to 1 bunch cilantro leaves, stems removed, chopped*
1/4 teaspoon ground cumin
1/4 teaspoon ground coriander
Juice from half a lemon
Sea salt

Preparation

Peel the cucumber. Using a hand shredder shred cucumber into a mixing bowl. Liberally salt the cucumber. Wait five minutes and then place a few paper towels on the cucumber to soak up the water. Discard all the water. Scoop up the cucumber into the paper towel and squeeze any remaining water from it. Dry out the bowl before you place the cucumber back into it.

Add the yogurt, chopped cilantro, chopped mint and give a quick stir. Add the cumin and coriander and give it another quick stir blending the spices thoroughly. Lastly add the juice from 1/2 a lemon and blend in the juice.

As garnish you can sprinkle a bit of ground cumin on with accent mint leaves or cilantro. Chill until time to eat. Should be made at least 3 hours before to give the flavors a chance to meld.

*I use the entire bunch of cilantro but 1/2 a bunch will also work.

Serve as an accompaniment with Indian foods.

