

Cucumber Raita

BY LINDA BLADHOLM AUGUST 2000 THE INDIAN GROCERY STORE DEMYSTIFIED

Yield Serves 4 to 6

Ingredients

1 medium cucumber
1 teaspoon cumin seeds
2 cups plain, whole-milk yogurt
1 clove garlic, peeled and minced
2 tablespoons fresh mint leaves, chopped
cayenne or paprika to garnish

Preparation

Peel cucumber. Cut lengthwise into 1/4-inch strips, then into thin slices crosswise. Blot off moisture with paper towels. Toast cumin seeds for a few seconds in a small, heavy frying pan over high heat. In a bowl, stir yogurt until it is smooth. Mix it with the cumin, garlic and mint leaves. Combine mixture with cucumber slivers, sprinkle with cayenne or paprika, and chill before serving.