Recipe

Rasam Masala

By

Bhaktivedanta Hospital - Diet department



Ingredients

Coriander seeds – 50 gm Dry red chilies – 5-6 no Cumin seeds (Jeera) – 5 gm Red Chili powder – 15 gm Asafoetida – 1/4th Tsp Turmeric – ½ Tsp

Preparation

- Lightly roast each ingredient separately in a dry frying pan with very little oil. (Except Red chili powder and turmeric)
- Mix all the ingredients and grind in a mixer to make a fine powder.
- Store in a dry air tight container.

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