



Rajasthani Rasam Soup

From the kitchen of Aman-i-khas, this tamarind-based broth is a rich source of vitamins and minerals and this simple warming south Indian soup beloved by those wanting to ward off colds.

1. To make enough for two bowls, boil a kettle, and add the hot water to a mug or bowl with a handful of seedless tamarinds.
2. While they're soaking, make the rasam powder. Put a small pan on a low heat and add a tablespoon of cumin powder, black peppercorns (*as nutritionists will tell you, these magical ingredients help reduce inflammation and improve digestion*). 'Roast' for half a minute until the air is infused with a lovely earthy fragrance — roasting spices enhances their flavour and gives gusto.
3. Grind these heated dry ingredients in a pestle or mortar and this is your coarsely ground rasam powder.
4. Rinse two tablespoons of yellow toor lentils, or pigeon peas, smash three garlic cloves and chop up a fresh tomato.
5. Fill a medium saucepan with three cups of water and put onto the heat: add the lentils, garlic, tomato, and a teaspoon of turmeric and, if you can get it, a pinch of asafetida (*in Ayurveda it's prescribed to those with stomach problems to reduce bloating*), then bring to the boil.
6. When it starts bubbling, turn down the heat, stir in a tablespoon of your freshly made spice powder, loosely cover the pan and cook this for about half an hour.
7. In the meantime, squeeze the tamarinds using your hands and pass these juices through a sieve into the soup.
8. In a separate heavy saucepan, heat up a tablespoon of coconut oil for the tempering part. Cook half a teaspoon of mustard seeds, about ten fresh curry leaves.
9. Now add a dry whole red chilli (or two, depending on how spicy you want it), then as soon as it starts to sizzle, remove from heat, pour it to the tomato broth in the pan.
10. Serve in cups or bowls, garnished with some sprigs of fresh coriander.