

# DRUMSTICK RASAM

## Ingredients :

- Tamarind 1 lemon sized ball
- Drumsticks 3 sticks
- Chopped coriander for garnish
- Pink Himalayan salt to taste
- Tur dal 2 tbsp ( soaked for 10-12 hrs)
- Hing a pinch

## Ingredients for rasam powder :

- Pure A2 cow ghee 1 tbsp
- Coriander seeds 2 tsp
- Peppercorns 1 tsp
- Cumin seeds 1/2 tsp
- Tur dal 2 tsp

## Ingredients for seasoning:

- Mustard seeds 1 tsp
- Tomato 1 medium
- Curry leaves few
- Pure A2 cow ghee 1 tsp

## Method :

1. Soak the tamarind in water and extract the juice.
2. Pressure cook the tur dal, mash and keep it aside.
3. Wash, chop and boil the Drumstick pieces
4. Heat the pan, add the grinding ingredients remove it and grind this in a mixer.
5. To the tamarind juice and drumstick, add curry leaves and hing and give it a boil.
6. Add the mashed dal with 2 cups of water and continue boiling.
7. Finally add the ground masala. When you smell the aroma, turn off the flame.
8. Heat another pan -add ghee, mustard seeds, curry leaves and chopped tomatoes and sauté till cooked and finally add it to the rasam.
9. Garnish with chopped coriander leaves

## Health benefits:

- Drumstick regulates sugar levels and boosts immunity. Its great at boosting hemoglobin levels too
- The combination of tamarind, tomato, pepper have an antioxidant effect and contains wealth of trace minerals.
- Facilitates easy digestion.
- A great soup for cold and coughs.

