

Raita: Cucumber with Yoghurt

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 serves at home

Fresh from the garden: coriander, cucumber, garlic, lemon, mint

Raita appears in many different cultures. In India, it is served as a cooling accompaniment to curries – ground cumin and paprika are added and the raita is garnished with coriander leaves. In Greece, it almost always contains mint, and in Turkey a drop of orange blossom water is added. Sometimes, the cucumber is de-seeded before slicing, then lightly salted and left for an hour, so that moisture is drawn out. The cucumber is then rinsed and squeezed, which results in a soft texture. However it is prepared, this popular combination cools or provides a contrast to rich dishes.

Equipment:

metric measuring scales and spoons
clean tea towel
chopping board
cook's knife
vegetable peeler
medium-sized bowl
mixing spoon
small serving bowls

Ingredients:

750 g reduced-fat yoghurt
2 garlic cloves, finely chopped
1 small handful of mint, finely chopped, plus mint leaves, to garnish
1 tbsp lemon juice
1 small handful of coriander, finely chopped
1 cucumber, peeled and diced
¼ tsp salt

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Pour the yogurt into the medium-sized bowl.
3. Add the garlic, finely chopped mint, lemon juice, coriander and cucumber, then mix well to combine.
4. Season with the salt.
5. Transfer the raita to the serving bowls and chill in the fridge before serving.
6. Garnish with mint leaves.

