

## Pomegranate Raita Recipe

Pomegranate raita is made with yogurt with red crystals of pomegranate added to it. It is slightly sweet.

Ingredients:

- 2 Cups plain yogurt
- 1 Pomegranate
- 1 Pinch sea salt (optional)
- 1/4 Tsp cardamom powder
- 1/2 Cucumber (or substitute 1 cup of mango or apricot pieces)
- 1/2 Tsp cilantro leaves (finely chopped)
- 1 Tsp honey
- 1/2 Tsp of Garam Masala

How to make pomegranate raita / anaar ka raita:

- Place the yogurt in a bowl,
- Add salt (if using), cardamom, Garam Masala and honey,
- Mix yogurt and seasonings using a serving spoon,
- Add pomegranate seeds and chopped cilantro leaves and stir into the yogurt,
- Mix in the cucumber (peeled, cut into thick slices and then quartered into chunks) or chunks of mango or apricot and serve or refrigerate.

For a more spicy raita:

Substitute black or red pepper for the cardamom

Substitute two diced green chili pods or one 4 oz can of diced chili pods for the cucumber (select chili pods according to the level of spiciness desired)

Substitute finely ground sugar for the honey (optional)

Add 1 pinch of ground cumin seed

Use the Garam Masala as a garnish (optional)

How to cut a pomegranate:

Cut cone out of the top,

Score the sides with a knife,

Spread the fruit apart along the scores,

Using a knife tip deseed the fruit and dispose of the rest of the fruit.