

# CUCUMBER RAITA

*Adapted from The Second Seasonal Political Palate by the Bloodroot Collective*

## INGREDIENTS

1 small cucumber  
1 quart plain yogurt  
2 Tbsp whole cumin seeds  
1 small onion  
cilantro  
salt and pepper to taste

## METHOD

Wash the cucumber and grate into a bowl. Set the grated cucumber in a strainer and set aside to drip. This will help remove the excess water in the cucumber.

In a small pan, dry roast the cumin seeds until fragrant and slightly browned. Let cool a little, then use a mortar and pestle to crush the seeds.

Finely chop the onion and enough cilantro to measure  $\frac{1}{4}$  cup.

Add all the ingredients to the yogurt and season with salt and freshly ground pepper.