

# Cucumber sauce

This is a raita updated!

The origins of this are unclear but believed to be **American**<sup>1</sup>.

## Ingredients

- 350 g cucumber (coarsely grated)
- 4 ml whole cumin seeds
- 10 ml hot green chilis (seeded & chopped; optional)
- 250 ml plain yoghurt
- 5 ml vegetable oil
- 1 clove garlic chopped fine

## Method

Toast cumin seeds in small heavy skillet until browned. Do not burn. When they start to crackle, remove from heat, shaking skillet.

Combine all ingredients. Blend well and chill.

## To serve

Chill well before serving.

## Variation

Reduce the Chilli peppers for a lesser hot as tiger would say.

Use Dried Chili from Tropical Wholefoods if fresh chili not available.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/america.htm>