

# RAITA SAUCE

Last Modified: 08/10/2014

PREP: 25 Min  
COOK: N/A

**F EASY**

SAUCE

**MAKES 1 3/4 CUPS**

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Cups	Plain Yogurt (Stoneyfield)	
1	4 Inch	Seedless Cucumber	Unpeeled
1	Tbsp	Fresh Dill Weed Leaves	Minced
OR			
1/2	Tsp	Dried Dill	
1/2	Tsp	Ground Cumin	
1 +/-	Tsp	Kosher Salt	To Taste

## PREPARATION

<b>FACTOID</b>	Raita is a condiment based on Yogurt. It is not spicy at all, just very fresh and flavorful. This is a sweet Cucumber, Yogurt, Dill based Sauce usually served along with grilled Indian and Moroccan foods.
<b>TOOLS</b>	1) Medium Mixing Bowl 2) Box Grater
<b>OPTION</b>	If you like a thicker Sauce, place the Yogurt in a fine wire strainer over a small mixing bowl. Seal with plastic wrap and refrigerate for at least 1 hour before mixing.
<b>PREP</b>	<b>DISH</b> 1) Mince the Dill Weed Leaves and set them aside.
<b>1</b>	Put the Yogurt in a medium non-reactive bowl. Halve the Cucumber lengthwise and scoop out any seeds with the point of a teaspoon. Using the large holes of a box grater, grate the Cucumber into the bowl of Yogurt.
<b>2</b>	Add in the Dill, Salt, and Cumin and stir well to combine. Seal with plastic wrap and refrigerate the sauce for at least 15 minutes for the flavors to combine.
<b>SERVE</b>	Serve as a side dish while ice cold.