

Tairu Saadham (Yogurt Rice) - Vegetarian

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courtesy:Mrs.Kantheruby Venkatraman.

Tairu saadham is another dish that is alternatively served on Vegetarian Fridays. The taste of the rice is savory;sour and a bit spicy,yet a little tart.Serve as a main course with stir fried vegetables.



Ingredients:

2 cups rice(14oz);cooked and set aside*

*see cooking notes on how to cook rice.

1 large onion;sliced

3 dried red chillies;tear into pieces

1 stalk curry leaves;stripped(20 leaves)

1/2 teaspoon mustard seeds

2 cups(14oz) plain yogurt;preferably organic

salt to taste.

Method of preparation:

Heat oil in a wok. Add onion, curry leaves, dried red chillies and mustard seeds. Saute till the onion is golden brown. Next, add salt and the plain yogurt. Stir. Bring the yogurt sauce to a boil. Turn down the flame to low. Then, add the cooked rice. Mix thoroughly and stir to a thick porridge like consistency. Serve hot as main course with stir fried vegetables.

Note.

Adjust the amount of yogurt and dried red chillies to control the sourness/ tartness and hotness respectively.