

# Cucumber Raita / Cucumber Yogurt Salad

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*Raita is a cucumber-yogurt salad used in Indian cuisine as a cooling balance to the spicy dishes like biryani. This is so simple and easy to make dish. I really love this raita because of its cooling properties. Best accompaniment for raita is [biryani](#). Also you can use it as dip for pita chips or potato chips.*

## Ingredients

- 1 Medium Sized Cucumber, Diced**
- 2 Cups of Yogurt / Thick Curd**
- 1/4 Cup of Red Onion, Finely Chopped**
- 1/4 Tsp of Roasted Cumin Powder**

**Pinch of Kala Namak / Black Salt**  
**1 Green Chilly, Finely Chopped**  
**2 Tbsp of Coriander Leaves, Chopped**  
**Salt to Taste**

To Temper

**2 Tsp of Oil**  
**1 Tsp of Mustard Seeds**  
**1 Sprig of Curry Leaves**

Method

- **Wash and peel the cucumber skin. Chop them into pieces. Keep them aside.**
- **Roast the cumin seeds in a medium heat for a few seconds until nice aroma comes. Powder it in a mortar and pestle.**
- **In a bowl, using whisk, whip the curd/yogurt until smooth and creamy.**
- **To the yogurt bowl, add chopped onion, cucumber, green chilly, roasted cumin powder, black salt, coriander leaves and salt. Mix well with a spoon.**
- **Heat oil in a pan, add mustard seeds and curry leaves, after it splutter, transfer this to the yogurt bowl. Mix well.**
- **Serve immediately with [biryani](#) or cover and refrigerate it for 15 mins to allow flavors to blend.**



### **Tips**

- **You can add red chilly powder or pepper powder instead of green chilly.**
- **Adding mint leaves gives you great flavor.**
- **You can also make raita without adding the tempering.**
- **Greek yogurt tastes great for raita.**
- **You can add grated or diced cucumber for making raita.**



### **Health Benefits of Cucumber**

- **Keeps the body hydrated.**
- **Rich in vitamin A and B**
- **Good for skin, joints and teeth.**
- **Aids in digestion and weight loss.**
- **Stimulates hair growth.**
- **Fight against cancer.**

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