

Raita

2 cups plain yogurt

1 medium cucumber, peeled, seeded, grated

2 tbsp chopped fresh coriander or mint leaves

Good pinch of garam masala, optional

Thicken yogurt by draining in large paper-lined coffee filter placed over cup or bowl about 30 minutes. In bowl, combine with cucumber, coriander and garam masala.

Makes about 2 cups.