

Thayir Sadam - Yogurt Rice

Malayalees eat yogurt at every meal – plain, as a salad with tomatoes and cucumber, a drink, or as in this recipe pre-mixed with rice to make a refreshingly cool, flavorful dish. YOGURT RICE is made often in the summer, and it can be served with an assortment of steamed vegetables and Indian pickles. YOGURT RICE also works well as an accompaniment to fish dishes.

Ingredients (To serve 4)

- Long grain rice - 1 cup
- Small green chilies - 3
- Ginger - 1-inch / 2.5-cm piece
- Plain low fat yogurt - 1¼ cup
- Olive oil - 2 tbsp
- Black mustard seeds - ½ tsp
- Split black gram (*dhulli urad dal*) - ½ tsp
- Whole dried red chilies - 2
- Curry leaves - 6
- Salt - ½ tsp

Utensils

- Medium-heavy pan with lid
- Colander
- Small wok

Preparation/Pre-Cooking (Soaking + 15 minutes)

1. Wash the rice. Soak the rice in the pan for 20 minutes. Tip the rice into the colander and drain out the water.
2. Bring 2 cups of water to boil in the pan.
3. Add the rice to the boiling water. Stir. Lower the heat to medium, cover the pan, and cook for 9-10 minutes. Pour the cooked rice immediately into the colander to ensure the rice grains stay crisp and separate.
4. Trim the stems off and slit the green chilies lengthwise into thin strips.
5. Peel and mince the ginger.
6. Whisk the yogurt until it has a creamy consistency.
7. Add the whisked yogurt to the cooked rice. Mix well.

Cooking (5 minutes)

1. Heat the oil in the wok over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the split black gram and stir-fry until the split black gram turns a shade darker.
4. Add the green chilies and ginger and stir-fry for a minute.
5. Add the dried red chilies and curry leaves and stir-fry until the curry leaves turn crisp. Remove the wok from the heat.
6. Pour the spice mixture over the rice. Mix well.
7. Season with salt.

Serve: Warm.

Nutrition Information		
	(per serving)	%DV
Calories	304	15 %
Carbohydrates	48 gm	16 %
Protein	9 gm	18 %
Fat	8 gm	12 %
Cholesterol	5 mg	2 %
Sodium	355 mg	15 %
Fiber	2 gm	8 %
Calcium	166 mg	17 %
Iron	3 mg	17 %