



Sugar Apple

Posts From The Caribbean

Cucumber and Mint Raita

Raitas bring a cooling element to a spicy meal. If you're suffering from an overdose of hot peppers, don't drink water to kill the heat. That will only spread the heat and the hurt. Instead, dairy products are what you need – yogurt or milk will counteract the effect of the hot chilis.

1 6-oz carton plain yogurt, preferably full fat
½ cucumber, peeled, seeded and diced
1 handful fresh mint, finely chopped

Mix all of the ingredients together and serve chilled. This is not a dish to make ahead as the cucumber will give off its water and the liquid will separate from the yogurt. Makes about 1 cup raita.

<http://www.abigailblake.com/sugarapple>

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