

Lemon Rasam is a light, tangy, and deeply refreshing South Indian broth. Free of tamarind and dal, it's a **clean, sattvic recipe** that nourishes body and mind while stimulating agni (digestive fire). It's ideal for everyday meals, especially during recovery, seasonal shifts, or fasting.

What Is Lemon Rasam?

Lemon Rasam is a pepper-cumin infused broth finished with fresh lemon juice for natural tanginess. Unlike regular rasam, it skips tamarind and heavy lentils, making it calming yet energising, perfect for light dinners or sipping as a detox broth.

How to Make Lemon Rasam: The Traditional Way

□ Ingredients:

main

- 2½ cups water
- 1 tsp black peppercorns
- 1 tsp cumin seeds
- ½ inch ginger (optional, for added warmth)
- A pinch of turmeric
- Rock salt or sendha namak – to taste
- Juice of 1 medium lemon (adjust to taste)
- Fresh coriander leaves – for garnish

Tempering

- 1 tsp ghee
- ½ tsp mustard seeds
- A pinch of hing (asafoetida)
- 1 dried red chilli (optional)
- Few fresh curry leaves

□ Method:

1. **Crush the Spices:**

Coarsely crush black pepper, cumin, and ginger in a mortar-pestle or pulse in a mixie.

2. **Boil the Base:**

In a pan, add water, crushed spice mix, turmeric, and salt. Bring to a gentle boil. Simmer for 8-10 minutes to allow the spices to infuse.

3. **Prepare the Tempering:**

In a tadka pan, heat ghee. Add mustard seeds, let them splutter. Then add hing, dried red chilli (if using), and curry leaves. Sauté for a few seconds.

4. **Combine:**

Add the tempering to the rasam. Turn off the flame. Allow it to cool slightly (around 2-3 minutes), then stir in the **fresh lemon juice**.

5. **Garnish and Serve:**

Add finely chopped coriander leaves and serve warm with rice or as a broth.

□ Ayurvedic Benefits

1. **Lemon** aids detox and acts as a natural digestive stimulant.
2. **Pepper and cumin** kindle agni and reduce [kapha](#) buildup.
3. **Ginger and hing** support [vata](#) and reduce bloating.
4. The overall rasa is **sattvic, ushna (warm), and deepana (appetite-enhancing)**.

□ Pro Tips from the Indian Kitchen

- Always add lemon juice **after turning off the heat** to preserve its vitamin C and flavour.
- Adjust lemon based on your [pitta](#) tolerance — reduce hyperacidity.
- For a richer feel, you can add 1 tbsp of cooked, mashed moong dal (optional).
- Add a pinch of jaggery for gentle balance if you find the tang too sharp.

♥ Why We love Lemon Rasam

- Super easy and quick to make
- Light yet invigorating
- Balances all three doshas (with slight adjustments)
- Great for seasonal transitions and gut health

▣ **Ideal For**

- Light lunch/dinner with hot rice
- Fasting days (upavasa-friendly)
- Recovery from illness
- Anti-bloating and detox days
- Rainy or cold evenings for a warm sip

