

Pepper Rasam is a time-honored South Indian remedy and comfort dish, often prepared during cough, cold, or indigestion. Its warmth, spice, and simplicity make it a staple in many Ayurvedic and satvic kitchens — a go-to when your body seeks lightness and clarity.

What Is Pepper Rasam?

Pepper Rasam (Milaaghu Rasam in Tamil) is a clear, spiced broth made with crushed black pepper, cumin, and sometimes garlic or ginger. It is dal-light or dal-free, tamarind-free or lightly soured, and is used to stimulate agni (digestive fire), clear nasal congestion, and boost circulation.

How to Make Pepper Rasam: The Traditional Way

□ Ingredients:

main

- 2½ to 3 cups water
- 1 tsp black peppercorns
- 1 tsp cumin seeds
- ½ inch fresh ginger (or 2 garlic cloves – optional based on preference)
- A pinch of turmeric
- Salt – to taste (preferably rock salt)
- Optional – Juice of half a lemon (or small piece of kokum or buttermilk splash at the end)

Tempering

- 1 tsp ghee
- ½ tsp mustard seeds
- Pinch of hing (asafoetida)
- Few curry leaves
- Dried red chilli (optional)
- Fresh coriander for garnish

▣ Method:

1. **Crush the Spice Mix:**

In a mortar-pestle, coarsely crush the **pepper, cumin, and ginger** (or garlic). Keep this aromatic mix ready.

2. **Simmer the Broth:**

In a vessel, add water, turmeric, salt, and the crushed spice mix. Bring to a gentle boil and let it simmer for 8–10 minutes, allowing the spices to release their essence.

3. **Prepare the Tempering:**

In a tadka pan, heat ghee. Add mustard seeds and let them splutter. Add hing, red chilli, and curry leaves. Pour this sizzling tempering into the rasam.

4. **Finish the Rasam:**

5. Turn off the heat. If using lemon juice, add it now. Garnish with coriander. Serve hot.

▣ Ayurvedic Benefits

1. **Black pepper** is a powerful [kapha](#)-pacifier, clears phlegm, and boosts metabolism.
2. **Cumin** improves digestion and reduces gas.
3. **Ginger/garlic** (optional) stimulate agni and help with bloating and congestion.
4. Excellent for **ama digestion**, sinus clearing, and soothing the gut.

▣ Pro Tips from the Indian Kitchen

- Use **freshly crushed pepper and cumin** for best results — avoid store-bought powders.
- To keep it sattvic, skip garlic and use ginger.
- Avoid over-boiling after adding lemon or buttermilk.
- Add a dash of jaggery if the spice feels too sharp on the throat.

♥ Why We love Pepper Rasam

- Simple ingredients, maximum flavor
- Works like natural cough and cold medicine
- Very quick to prepare
- Balancing for [kapha](#) and [vata](#)

▣ **Ideal For**

- Rainy or winter days
- Sore throat, sinus issues, or digestive upset
- Light dinner after heavy meals
- Post-illness recovery
- Anyone looking for a sattvic detoxifying meal

