

This version of rasam celebrates simplicity and digestive strength, without the heaviness of dal or the acidity of tamarind. It leans on the warming properties of pepper, cumin, and ginger, making it ideal for clearing ama (toxins) and kindling agni (digestive fire).

What Is Rasam[Tamarind free] ?

Tamarind-free rasam is a **light, peppery broth** made without souring agents like tamarind or tomatoes. Instead, it derives its flavour from spices and gentle natural acidity from lemon (optional). It's traditionally used in Ayurvedic diets and during illness recovery.

How to Make Rasam[Tamarind free] : The Traditional Way

□ Ingredients:

main

- 2 cups water
- 1 tsp black peppercorns
- 1 tsp cumin seeds
- ½ inch fresh ginger (optional, but helpful for digestion)
- A pinch of turmeric
- Rock salt or sendha namak – to taste
- Juice of half a lemon (optional, add only after turning off heat)

Tempering

- 1 tsp ghee
- ½ tsp mustard seeds
- A pinch of hing (asafoetida)
- Few fresh curry leaves
- Crushed garlic – 1 clove (optional)
- Fresh coriander leaves for garnish

□ Method:

1. **Crush the Spices:**

Coarsely crush pepper, cumin, and ginger in a mortar or pulse in a mixie. Set aside.

2. **Simmer the Base:**

In a pan, add 2 cups of water. Add the crushed spices, turmeric, and salt. Let it simmer gently for 8-10 minutes.

3. **Prepare the Tempering:**

In a small pan, heat ghee. Add mustard seeds, let them splutter. Add garlic (if using), hing, and curry leaves. Sauté for a few seconds and pour over the simmering rasam.

4. **Finish and Serve:**

5. Turn off the flame. Add lemon juice if using. Garnish with coriander leaves. Serve warm as a soup or with rice.

□ Ayurvedic Benefits

1. **Pepper and cumin** help clear ama and increase agni.
2. **Ginger** soothes nausea and supports [vata-kapha](#) balance.
3. **Hing and garlic** reduce bloating and gas.
4. **No tamarind or dal** means it's **light, sattvic**, and ideal for weakened digestion.

□ Pro Tips from the Indian Kitchen

- Use **freshly crushed** pepper-cumin-ginger mix — it's the soul of this rasam.
- Skip lemon if serving to someone with hyperacidity or during fasting.
- Add a pinch of jaggery for balance, if preferred.
- For [Vata](#) types, garlic and ghee ground it.

□ Why We love Rasam[Tamarind free]

- Perfect for fasting days or detox routines
- Soothing yet stimulating
- Ready in 10 minutes
- Deeply healing, especially when you're under the weather

□ Ideal For

- Post-illness recovery
- Ayurvedic detox diets

- Monsoon or winter nourishment
- Light dinners with hot rice or as a sipping broth

