

Raw Mango Rasam is a soul-satisfying blend of **raw mango pulp, crushed spices, and aromatic tempering**. It's sweet, tangy, and slightly spicy — the **perfect balance of rasa (taste)** that lights up your taste buds while cooling your system. Traditionally enjoyed during summer, it's deeply **soothing for digestion and hydration**.

What Is RAW MANGO rasam?

Mango Rasam (known as *Mavina Saaru* in Kannada) is a **South Indian rasam** made using **raw mangoes instead of tamarind**. It's a lighter rasam with a unique fruity sharpness that **stimulates agni (digestive fire)** while calming heat-related imbalances. No dal is necessary, but optional if desired.

How to Make Neem RAW MANGO: The Traditional Way

□ Ingredients:

main

- 1 medium raw mango (peeled, chopped)
- 2-2½ cups water
- 1 tsp cumin seeds
- ½ tsp black peppercorns
- 1-2 green chillies (optional, slit)
- Pinch of turmeric
- Rock salt to taste
- Jaggery - ½ to 1 tsp (optional, to balance tartness)
- Fresh coriander leaves - chopped

Tempering

- 1 tsp ghee
- ½ tsp mustard seeds
- Pinch of hing (asafoetida)
- 1 dry red chilli
- Few fresh curry leaves

□ Method:

1. **Boil the Mango:**

Cook chopped mango in 1 1/2 cups water until soft (7–10 minutes). Cool slightly and mash or blend to a rough pulp.

2. **Crush Spices:**

Lightly pound cumin and pepper in a mortar-pestle.

3. **Simmer the Rasam:**

Add the mango pulp, turmeric, crushed spices, jaggery (if using), salt, green chilli, and another cup of water. Simmer gently for 5–7 minutes.

4. **Temper the Rasam:**

In a tadka pan, heat ghee. Add mustard seeds, hing, red chilli, and curry leaves. Let it splutter and pour over the rasam.

5. **Finish:**

6. Garnish with chopped coriander and serve warm with rice or sip as a digestive drink.

□ Ayurvedic Benefits

1. Raw mango is **pitta-pacifying** and excellent for **acid regulation**.
2. Stimulates appetite and aids **bile regulation and liver detox**.
3. Balances **trishna (excessive thirst)** and cools the body in summer.
4. Hing and cumin support **Vata digestion**, making this tridoshic when tempered well.

□ Pro Tips from the Indian Kitchen

- Use **totapuri or raw Alphonso mangoes** for the perfect sour note.
- Add jaggery **only if mango is extremely tart**.
- For smoother texture, **blend the mango fully** before adding spices.
- Avoid overboiling after adding coriander to preserve its aroma.

♥ Why We love RAW MANGO rasam

- Naturally tangy, aromatic, and hydrating
- Light yet deeply nourishing
- Excellent **tamarind substitute** for sensitive stomachs
- Quick, seasonal, and elegant on a rasam menu

▣ Ideal For

- Summer meals
- [Pitta](#) and [vata](#) balancing diets
- Acidity, nausea, or bloating
- Light lunches or fasting days
- Sattvic and simple meal plans

