

Asida

Asida is a dish commonly consumed in the Arab world, as a component to most meals. It can be enjoyed as a side dish with meat, stews, & soups, similar to rice or potatoes. It is a jelly-like consistency, & very tasty!

1 and half cup of water
1 cup of yogurt
2 tablespoons of plain flour
Pinch of salt

Method:

1. Mix all and then put to boil with continuous mixing with a wooden spoon or a whisk to avoid lumps.
2. Leave for around 7 to 10 minutes to take the texture of jelly.
3. Pour onto molding or any bowl to cool.