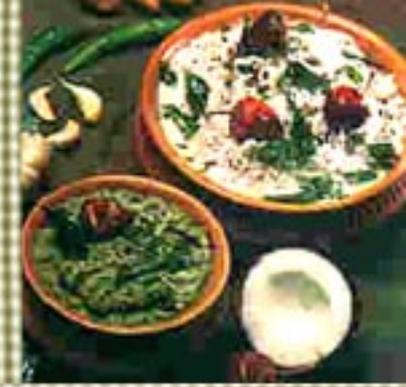


# Pickle's & Chutney Recipes



# Pickle's & Chutney's



## Onion Tomato Chutney

### Ingredients

1 med. onion  
1 med tomato  
4-5 clovettes garlic  
1 tbsp. coriander leaves  
1 tbsp. gram dal soaked for 1 hour  
1 3" piece tamarind broken  
1 sprig curry leaves  
1/2" piece ginger  
1 tsp. red chilli powder  
salt to taste  
1/2 tsp. sugar  
1/2 tsp. cumin seeds  
1 tbsp. oil

### Seasoning:

1 tsp. oil  
1/2 tsp. mustard seeds  
1/2 tsp. cumin seeds  
1 pinch asafoetida.

### Method

Heat the 1 tbsp. Oil add to the other ingredients except seasoning.

Grind either on stone, or in electric stone grinder, or in a mixie.

Transfer to a serving bowl.

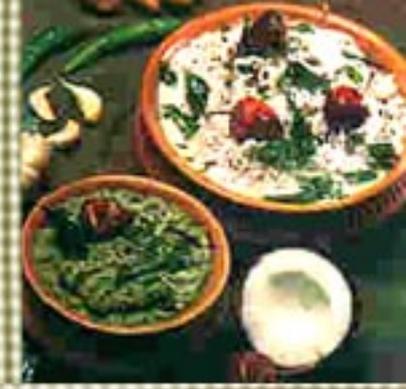
Heat oil in a small crucible, add the seeds and asafoetida..

When they splutter, add to the chutney.

Mix gently. Serve with parathas, dosas, idlis, or just plain bread or toast.

**Note:** Reduce or increase the chilli content as per taste.

# Pickle's & Chutney's



## Peanut Chutney

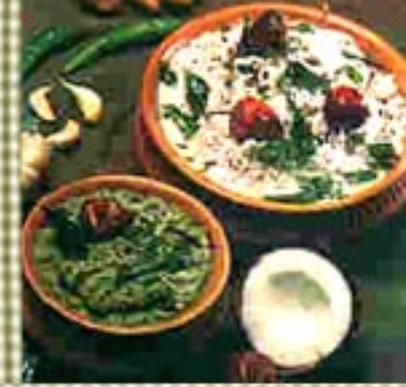
### Ingredients

2 cups peanuts  
1/2 tbsp. red chilli powder  
1/2 tbsp. salt  
1 tsp. cumin seeds  
2 tsp. sugar  
2-3 pinches asafoetida

### Method

Roast the peanuts lightly.  
Rub the nuts with a wad of cloth when a bit cooled.  
This will remove the thin covering easily.  
Blow out the skins, sieve with a large-holed sieve if any skins are leftover.  
Put all the ingredients, with the nuts, in a dry grinder.  
Grind very coarsely.  
Transfer the contents to a mortar and pestle.  
Pound till the oil shows on fingers on touching.  
Serve dry with rice.  
Or mix into some plain yoghurt to make a thick chutney .  
This may be served with snacks like vadas or bajjis.  
Store in a clean dry jar.

# Pickle's & Chutney's



## Sandwich Chutney

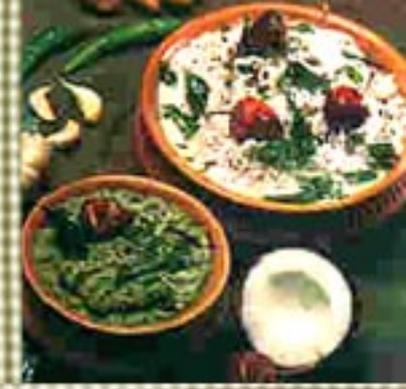
### Ingredients

- 1 cup cleaned washed and drained coriander
- 2 green chillies
- 1/2 lemon
- 15-20 peanuts
- 1/2 tsp. sugar
- 1/4 tsp. cumin seeds
- 1/2 slice bread
- 1 clovette garlic.

### Method

- Chop the coriander coarsely.
- Put all ingredients in a small blender .
- Blend till smooth.
- Add very little water if required.
- Remove with a rubber spatula.
- Store in a clean dry airtight bottle in refrigerator.
- Use on buttered toast, bread or in sandwiches as seasoning.

# Pickle's & Chutney's



## Tamarind Chutney

### Ingredients

1 cup cleaned tamarind  
1/2 cup dates deseeded  
1/4 cup sugar  
2 cups water  
1/2 tsp. red chilli powder  
1/2 crushed cumin seeds  
1 tsp salt  
3/4 cup jaggery

### Method

Wash the tamarind clean.

Place the tamarind, jaggery, sugar, dates and water in a deep boiling pan.

Soak for a few minutes.

Put to boil for about 7-8 minutes.

Cool to room temperature.

Blend in a mixie till smooth.

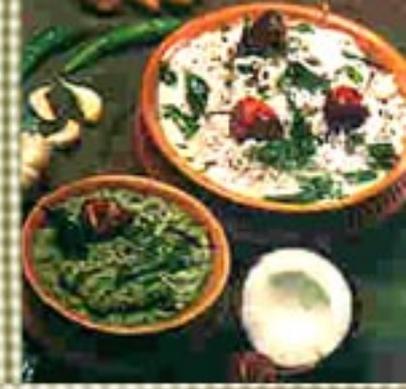
Strain and transfer to the pan again.

Boil till thick enough to coat the back of a spoon thinly.

Add the seasoning. Cool again.

Store in clean airtight bottles and refrigerate.

# Pickle's & Chutney's



## Coconut Chutney

### Ingredients

1 cup shredded fresh coconut  
1/3 cup gram dal  
1 tbsp. peanut peeled, crushed  
4-5 green chillies  
1/2 cup coriander leaves  
1 tsp. salt  
1/4 tsp. sugar

### For seasoning:

1 tsp. oil  
1/4 tsp. mustard seeds  
1/4 tsp. cumin seeds  
4-5 curry leaves finely chopped  
1 pinch asafoetida

### Method

Grind all the ingredients (except those for seasoning) together.

Use a stone hand/electric grinder or mini grinder or a mixie, in that order of preference.

Stone ground chutneys will always give a better flavour and texture.

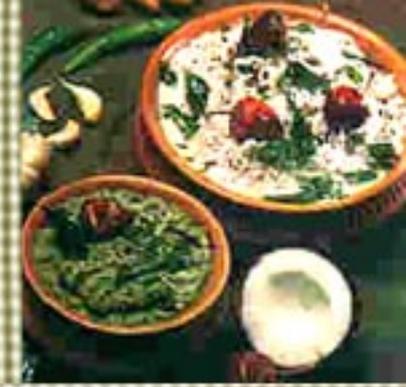
Grind till smooth. Heat oil and add the seasoning ingredients.

Pour hot oil over the chutney.

Mix gently.

Serve fresh with dosas, idlis, upma, uthapams, vadas, etc.

# Pickle's & Chutney's



## Green All-purpose Chutney

### Ingredients

15 green chillies	1/2 tsp. jaggery
1/2 cup coriander	salt to taste
1/2 lemon	1 tsp. oil
1 tbsp. sev or potato wafers crushed	1 clovette garlic

### Method

Put all the ingredients , except oil and asafoetida , in a small mixie.

Heat the oil and add the asafoetida and put in the mixie.

Run the mixie till a smooth chutney is obtained.

Try using no water or as little as possible to make the chutney keep longer.

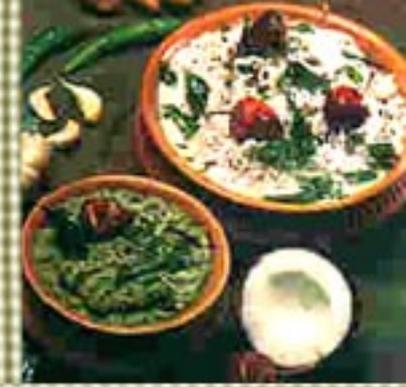
Add water as and when required.

Store in a clean glass bottle.

### Note:

Serve is a fried indian snack made of gram flour.

# Pickle's & Chutney's



## Pear And Mango Chutney

### Ingredients

250 gms. raw firm mango

250 gms. pears.

500 gms. sugar

2 tsp. salt

1 tsp. red chilli powder

1 tsp. garam masala

1 tbsp. marshmelon (kharbooja) seeds.

1 tbsp. raisins.

2 cloves powdered

8 each almonds and cashews  
chopped finely.

### Method

Peel and mash and pear.

Put 1 tbsp. Sugar in a heavy saucepan.

Heat on a low flame, stirring and cooking till it turns brown.

Add 500 ml. Water and boil.

When the sugar has fully dissolved in the water add remaining sugar.

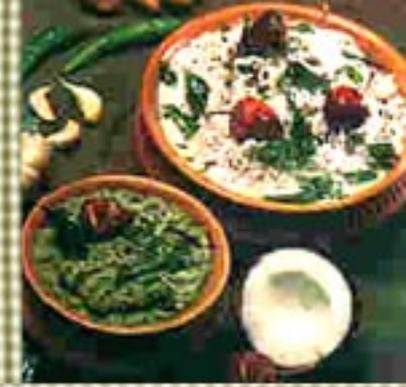
When it begins to boil again add the mashed fruit, cashew, raisins, seeds, chilli and salt.

Boil till a thick jam consistency is obtained. Stir occasionally.

Add the clove powder and garam masala.

Cool a bit and transfer to clean airtight jar.

# Pickle's & Chutney's



## Horsegram Chutney

### Ingredients

horse gram -1 cup  
garlic -2 flakes  
coriander seeds -1 tsp  
cumin seeds - 1tsp  
curry leaves little  
red chillies -2

### Method

Boil horsegram in a cooker(3-4 whistles) and keep it aside.

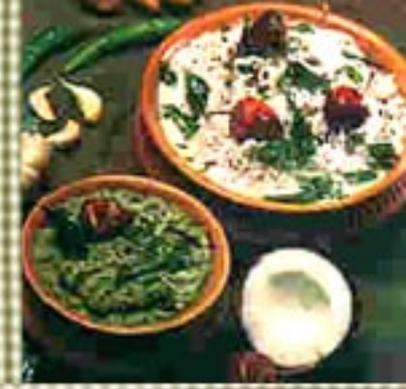
Heat little oil in a pan and fry coriander seeds,cumin seeds,curry leaves,red chillies and garlic and let it cool for sometime.

Then grind everything coarsely.

It goes very well with rice.

You can add little ghee with it while eating.

# Pickle's & Chutney's



## Sweet Tomato Chutney

### Ingredients

4 medium tomatoes  
1 small dry red chilli  
mustard seeds  
1/4 teaspoon haldi powder  
2 bay leaves  
4-5 pieces of seedless dates  
6-8 small cubes of mango cake  
8-10 kishmish  
4-5 teaspoons sugar

### Method

Cut tomatoes into small pieces.

Heat little oil in kadai. Add red chilli.

When the chilli turns blackish, add mustard seeds.

After the mustard seeds splutter, add tomatoes.

Immediately add haldi powder, very little salt and bay leaves.

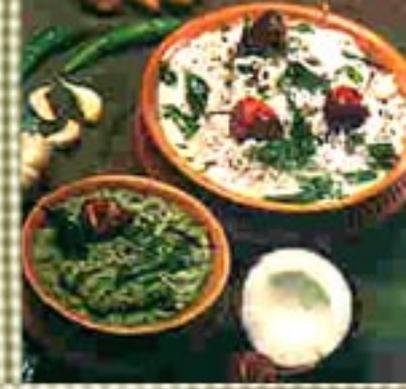
Fry it untill tomatoes are soft. Then add mango cake, dates and kishmish.

Stir and mix up. When mango cake strats melting, add sugar.

When sugar melts completely, take off the flame and allow it to cool.

After it has reached the room temperature, keep it in the fridge and serve chilled.

# Pickle's & Chutney's



## Mint Chutney

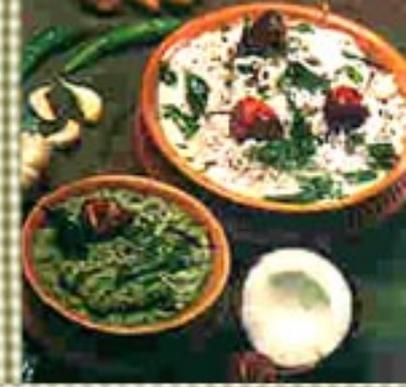
### Ingredients

- 1 cup cleaned washed and drained coriander
- 1/4 cup cleaned washed and drained mint leaves (pudina)
- 3 green chillies
- 1/2 lemon
- 20-25 peanuts
- salt as per taste

### Method

- Chop the coriander, mint leaves coarsely.
- Put all ingredients in a small blender .
- Blend till smooth.
- Add very little water if required.
- Remove with a rubber spatula.
- Store in a clean dry airtight bottle in refrigerator.
- Use on buttered toast, bread or in sandwiches as seasoning.

# Pickle's & Chutney's



## Carom Leaves Surprise

### Ingredients

- 1 cup fresh carom (ajwain) leaves, chopped
- 1 tbsp. fresh thick curds
- 3-4 red chillies
- 1/2 tsp. cumin seeds
- 1 tbsp. sugar
- 1 salt to taste
- 1 tbsp. oil

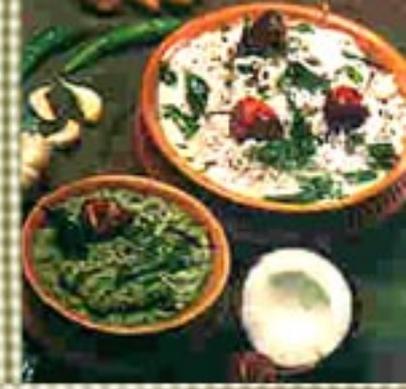
### Method

Heat, oil fry leaves, chillies, sugar, seeds.

Cool a bit, grind with salt and curds.

Serve as a dip or an accompaniment to fresh cut crudities.

# Pickle's & Chutney's



## Pepper Chutney

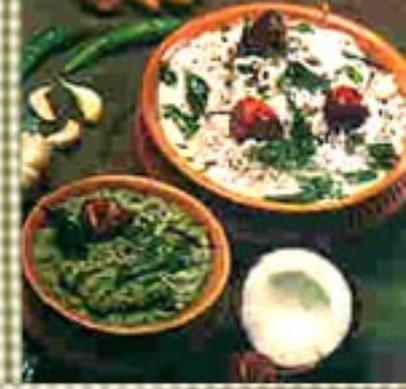
### Ingredients

5-6 large firm bell peppers  
1/2tsp. cumin seeds  
1 tsp. mustard seeds, crushed coarsely  
15-17 dry red chillies, deseeded  
8-10 flakes garlic  
1 tbsp. soft brown sugar  
2 tbsp. brown vinegar  
salt to taste  
3 tbsp. oil

### Method

Deseed and chop bell peppers into roughly one inch square pieces.  
Grind all ingredients to a paste, except peppers, oil and salt. Keep aside.  
Heat oil in a heavy pan, add peppers, fry till they are bright and tender.  
Drain, keep them aside.  
Add paste to the remaining hot oil.  
Fry paste well, till oil starts to separate.  
Add salt, peppers, stir and check taste.  
Adjust any spices or salt if required.  
Cool and store in airtight jar

# Pickle's & Chutney's



## Tangy Onion Delight

### Ingredients

250 gms. baby onions, peeled, and tips and base snipped off.

1/2 tsp. garam masala powder

1 tsp. cumin seed powder

1/4 cup chilli powder

salt to taste

1/2 cup white vinegar

1 heaped tbsp. jaggery or soft brown sugar

1 tsp. garlic paste

### Method

Wipe baby onions on a clean kitchen towel.

Put them in a glass jar, sprinkle salt and shake.

Put jar in the sun, for 2-3 days, taking care to return indoors for the night.

Shake each day, by gently tossing onions up and down.

Drain, dry them over a kitchen towel.

Heat vinegar in a pan.

Add all other ingredients, cook for 5 minutes.

Add onions, salt, simmer again for 5 minutes.

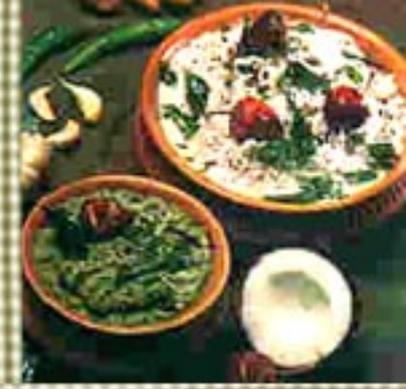
Cool a little, pour into glass jar, allow to cool completely.

Place in sun for 5-6 hours daily for at least a week, shaking jar each day.

Place a fine mesh or muslin cloth over mouth while in sun.

The pickle is now ready to eat.

# Pickle's & Chutney's



## Chowchow Chutney

### Ingredients

- 1 medium sized chow chow (bangalore kathirikkai in tamil).
- 3 tblspoon of fresh coconut
- 3 tblspoon urad dal
- 2 red chillies
- 1 teaspoon mustard
- tamarind marble size

### Method

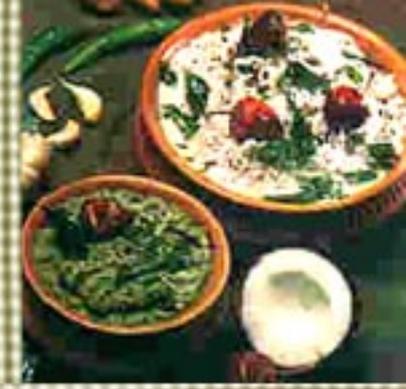
Grate chow chow finely

Heat 1 teaspoon of oil and fry urad dal, red chillies, mustard and tamarind.

Fry chow chow for 3-4 minutes.

Grind all the ingredients to a fine paste.

# Pickle's & Chutney's



## Karela Chutney

### Ingredients

karela - 1  
(chopped into small pieces)  
tamarind - size of 1/2 a lemon  
green chilli - 2  
jaggery/sugar  
salt

### Seasoning:

urad dhal - 1 tsp  
mustard - 1 tsp  
oil - 1 tsp  
red chilli - 1  
curry leaves - lots

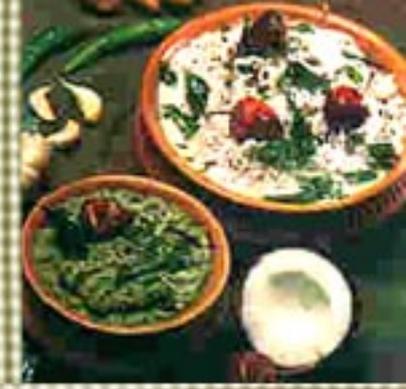
### Method

Put all the ingredients in the blender and coarsely grind it.

In a skillet, heat the oil and throw the seasoning items and once the mustard pops, add the ground karela and leave it for a couple of minutes.

Before you shut the fire.

# Pickle's & Chutney's



## Horsegram Chutney

### Ingredients

horse gram -1 cup  
garlic -2 flakes  
coriander seeds -1 tsp  
cumin seeds - 1tsp  
curry leaves little  
red chillies -2

### Method

Boil horsegram in a cooker (3-4 whistles) and keep it aside.

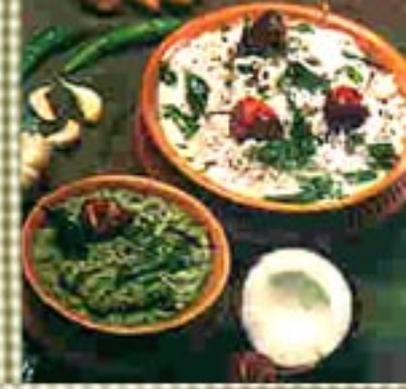
Heat little oil in a pan and fry coriander seeds, cumin seeds, curry leaves, red chillies and garlic and let it cool for sometime.

Then grind everything coarsely.

It goes very well with rice.

You can add little ghee with it while eating.

# Pickle's & Chutney's



## Jhatpat Tomato Chutney

### Ingredients

2 onions  
3 tomatoes  
4 to 5 dry red chilli  
1 teaspoon of tamarind pulp (imli )  
1 teaspoon of vegetable oil  
salt according to your taste

### Method

Cut the onions and tomatoes into 4 pieces , heat the oil in a pan and put the onions , tomatoes , red chilli and the tamarind in the pan

Fry for 5 to 6 mins , (do not fry for longer than that , as the flavour of the chutney would be lost ).

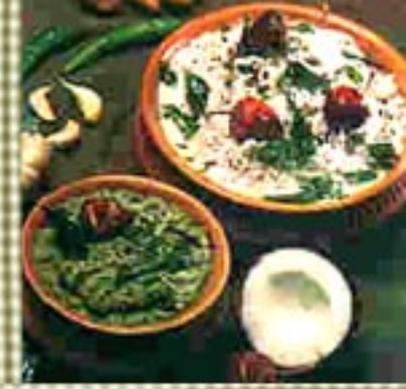
Remove the pan from heat and let it cool down for 10 -15 minutes .

Then put everything into a blender or mixer and make it into a paste .

Add salt according to your taste , and your jhatpat chutney is ready .

I like it with dosa or idli , but doesn't taste bad if taken with rice or roti too .

# Pickle's & Chutney's



## Green Apple Chutney

### Ingredients

green apples - 2  
mustard powder and methi powder - 1/4 teaspoon  
chilli powder - 2 teaspoons  
garlic - 3 (cut into small pieces)  
turmeric powder - a pinch  
salt - as desired  
seasoning  
mustard seeds  
urad dal  
red chillies  
hing  
oil

### Method

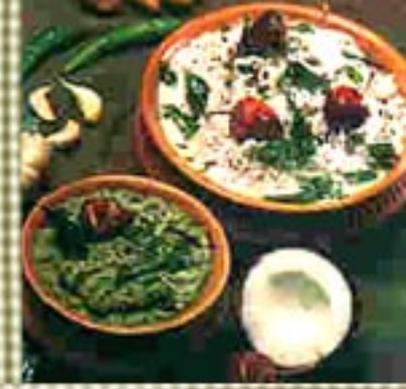
Wash green apple and grate it along with skin. In a kadai add oil. To this add all the seasoning. Squeeze all the water from the grated apple and add it to the kadai when the seasoning starts to splutter.

Now add turmeric and salt to it. When the apple is half cooked add chilli powder and mustard-methi powder and allow it to cook till the oil floats.

### Note :

Mustard and methi powder when added to dals makes them tasty, except for methi dal. This can be done by taking methi seeds half to the mustard seeds taken, roasting them separately and grinding them together.

# Pickle's & Chutney's



## Bombay Chutney

### Ingredients

mustard seeds - 1 tsp  
urad dal - 1 tsp  
green chillies - 4  
onions - 2 big  
besan gram flour - 3 tsp  
curry leaves - 10  
tomatoes - 2  
oil - 1 tsp  
salt - as desired

### Method

Chop onions , tomatoes, green chillies finely.

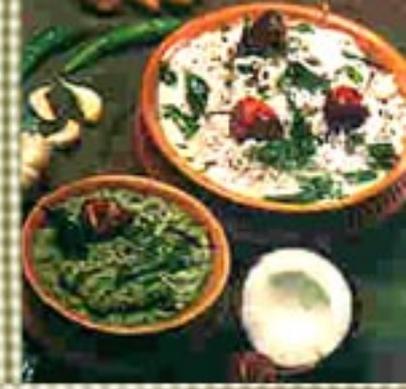
Heat oil in a pan, add mustard seeds, urad dal & let it splutter, then add onion, green chillies, curry leaves and tomatoes to it & fry it.

Mix the besan gram flour with water add salt to it and add this mixture to the pan, allow it to boil till it becomes like a paste .

Garnish with coriander leaves.

Total cooking time would be 15-20 minutes, you can also add boiled potatoes to it.

# Pickle's & Chutney's



## Vengaya Thugayal

### Ingredients

3 med. sized onion  
2 tsp. urad dal  
2 tsp. chana dal  
4 dry red pepper  
1/2 tsp. imli (tamarind) paste  
2 table spoon oil

### Method

Fry the dals and the red pepper in 1/2 tsp oil until it gets roasted and keep it aside.

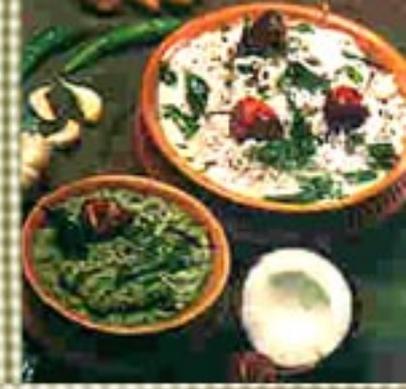
Cut the onion into little pieces and bhoono (simmer) in the remaining oil until its wilted.

Grind the roasted dals, onion, tamarind paste, and salt (to taste) into a paste

Serve it with puri, chappathi, rice, dosa and idli.

This chutney could be made with other vegetables like egg plant, radish, cabbage etc.

# Pickle's & Chutney's



## Chat-Pati Tomato Chutney

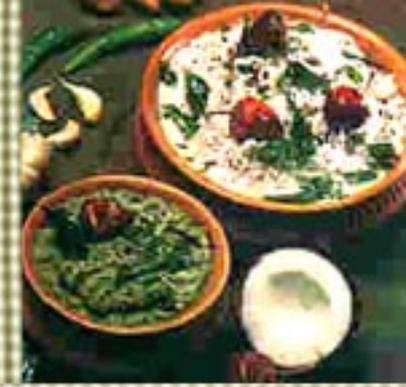
### Ingredients

tomatoes 2  
garlic flakes 5 to 6 (crushed)  
green chili 1  
jeera  
curry leaves  
pinch of red chili powder  
salt to taste  
oil for tadka

### Method

Cut tomatoes finely and keep aside. Heat oil.  
Add jeera and green chili and before it burns, add tomatoes.  
Cover it for two minutes.  
Add curry leaves, crushed garlic, salt and red chili powder.  
Again cover it till it cooks.  
Serve hot with pav or paratha.

# Pickle's & Chutney's



## Madras Tomato Chutney

### Ingredients

1 large onion (chopped)  
2 large tomatoes (chopped)  
2-3 garlic pods (chopped)  
3/4 tsp red chilli powder  
2 tbsp tamarind extract (juice)  
vanaspathi or oil as required  
salt to taste

### For seasoning:

8-10 curry leaves  
1/4 tsp mustard seeds  
pinch of asafoetida powder

### Method

Fry the chopped onions in oil till translucent.

Add the garlic pods and fry for 2-3 minutes.

Add the chopped tomatoes and fry till the tomatoes are cooked and mashed

Add chilli powder/ salt and stir for 3 minutes. Remove from fire and allow it to cool.

Then grind this cooked mixture to a fine paste in a food processor.

To garnish - heat vanaspathi or oil in the same kadai.

Add the mustard seeds. After the seeds splutter, add the curry leaves and asafoetida.

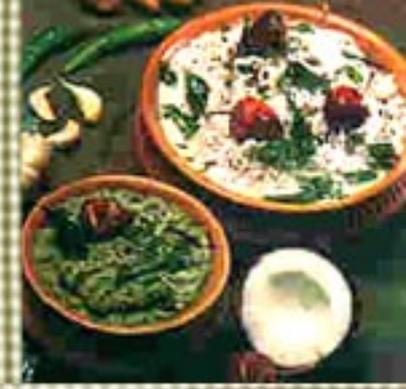
Allow 1/2 minute to saute, add the ground paste and stir fry for 3 minutes.

The chutney is now ready to be served. The above quantity will serve four people.

This chutney will taste very good, if madras or pearl onions are used instead of large

Onions.

# Pickle's & Chutney's



## Spicy Lime Juice Chutney

### Ingredients

1/2 cup of fresh lime juice

1 1/2 teaspoon chilli powder

1/4 tea spoon methi powder (roasted methi ground finely)

1 teaspoon salt

1/2 teaspoon oil

asafoetida

mustard seeds

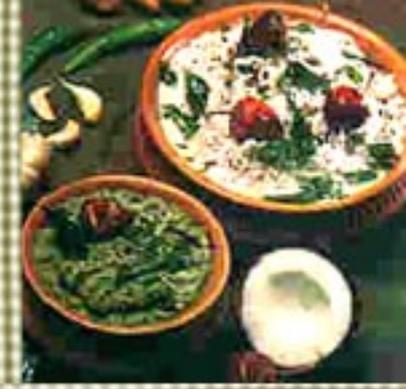
### Method

Add chilli powder, salt and methi powder to lime juice and mix it well.

Heat oil dd asafoetida and mustard seeds when the mustard seeds pop add to the spicy lime juice mixture.

This goes well with dosas, idli etc.

# Pickle's & Chutney's



## Curry Leaves Chutney

### Ingredients

curry leaves - 1 bunch  
onion - 2 medium size  
tomato - 1 large size  
red chillies - 2 or 3  
tamarind - a small piece  
oil - 2 tea spoon  
mustard seeds - half teaspoon  
urid dal - half teaspoon  
bengal gram - half teaspoon  
salt as per taste

### Method

Heat oil in a pan.

Add mustard seeds, wait until it splutters then add urid dal & bengal gram.

Add the chopped onions & green chillies, saut until golden brown.

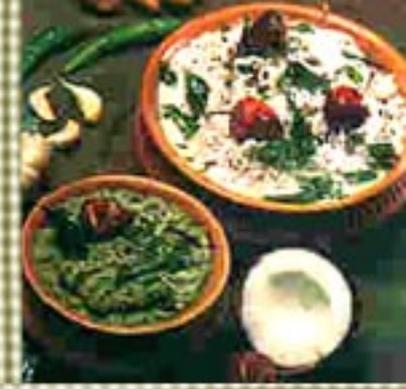
Add the tomatoes and tamarind and continue to stir.

Now add the curry leaves and stir-fry for 5-7 minutes.

Leave it to cool & then grind.

Serve with idli, dosa or hot steaming rice.

# Pickle's & Chutney's



## Peanut Chilli Chutney

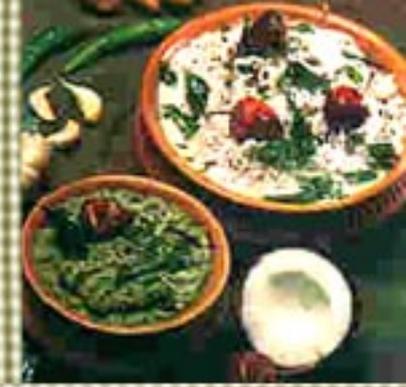
### Ingredients

1/2 cup ground peanuts - roasted and skinned  
5 dried red chillies  
1/2 cup tamarind juice  
1/2 teaspoon salt.

### Method

Fry the chillies and peanuts separately and keep aside  
Blend peanuts, chillies, salt and tamarind juice until fine.  
Serve with puri, dosa, idli, rice etc.

# Pickle's & Chutney's



## Amla (Nellikai) Chutney

### Ingredients

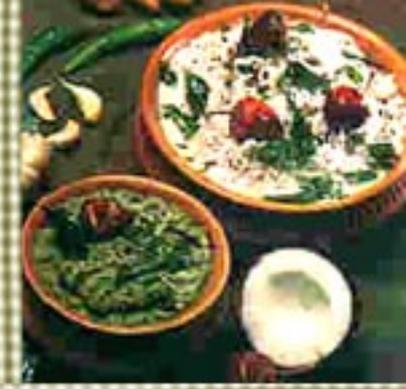
first dry the amla in sun for a few days.  
after it gets dried steam the dried nellikai in cooker (dont pour water).  
then after steaming take out the seeds and fry it with  
1 green chilli  
2 tbsp of coconut  
1/2 tsp mustard seeds  
2 tsp of ullutham (urud dhal) paruppu

### Method

After frying beat this in a blender with some water and coriander and 1/4 tsp of salt to taste.

That's, the chutney is ready.

# Pickle's & Chutney's



## Zucchini Chutney

### Ingredients

zucchini 2-3  
onions 1  
hing 1/2 tsp.  
tamcon 1/2 tsp  
green chillies 2-3

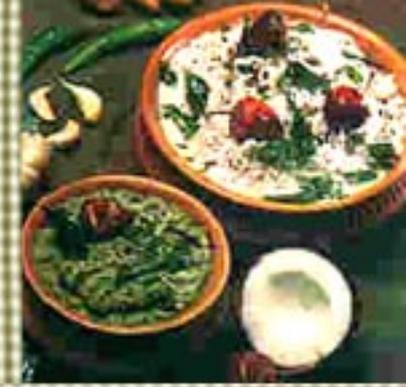
### Method

Fry cut zucchini, onions, & green chillies.  
Add turmeric, salt, cook on low flame for 5-10 minutes.  
Pulverize the whole thing in blender.

### Seasoning:

Thalshi kottify with mustar seeds, urad daal.

# Pickle's & Chutney's



## Cabbage Chutney

### Ingredients

one whole cabbage  
(chopped and cleaned well)  
1/4-1/2 cup tamarind(cleaned well)  
green chillies(3-4) or (1/2-1 tsp)  
red chilli powder  
one cup of water  
1 tsp salt  
3-4 tsp oil

### Method

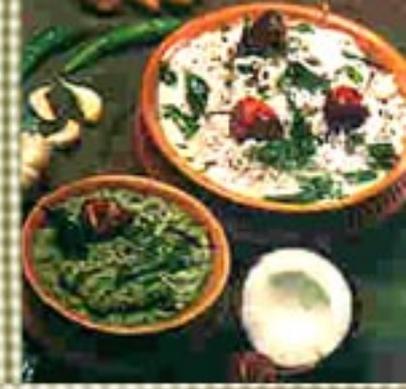
Grind all the above ingredients.

### For seasoning

**(optional but preferred):**

1 tsp.oil  
1/4 tsp. mustard seeds  
1/4 tsp. cumin seeds  
1 pinch asafoetida

# Pickle's & Chutney's



## Cilantro Chutney

### Ingredients

1 bunch of cilantro  
pinch of salt  
1 garlic clove (optional)  
hand full of peanuts  
(finally crushed, this is optional)  
few drops of lemon juice  
hot chilly peppers  
ginger

### Method

In blender, mix above ingredients to a fine paste, only few drops of water can be added.

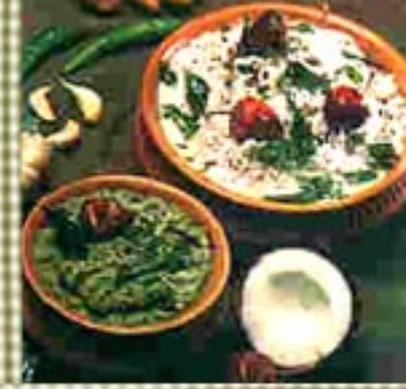
But lemon juice should do the job.

### Please note:

Chutney should be kept in fridge and use within 2-3 days.

Serve with any friend appetizers, rice or main dishes.

# Pickle's & Chutney's



## Lahson (Garlic) ki Chutney

### Ingredients

- 20 cloves fresh garlic
- 2 teaspoons of chilli powder (or according to taste)
- 1/2 teaspoon of salt (or according to taste)
- 2 teaspoons of vegetable oil

### Method

Peel and grind the garlic until it is a paste.

Add the chilli powder, salt and oil to the garlic.

Mix again thoroughly.

You should have a thick, but smooth paste (a bit like toothpaste, but don't brush your teeth with this!)

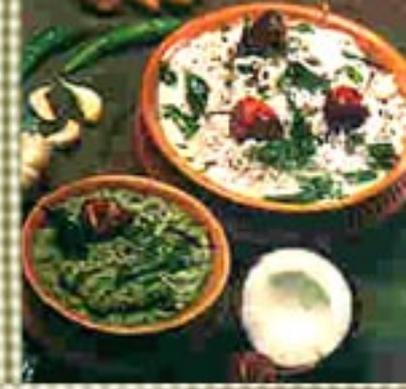
Enjoy the chutney in a variety of ways! Innovation is the answer!

### Storage :

The chutney should be stored in an airtight container in the fridge or a cool, dark place.

If stored in the fridge, it will last as long as it is not eaten up!

# Pickle's & Chutney's



## Spicy Onion Pickle

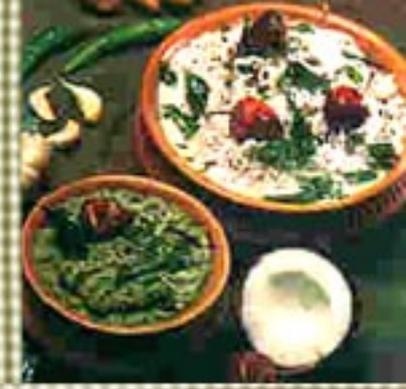
### Ingredients

250 gms. onions from spring onion greens  
2 cups wet brine  
1 recipe of fiery red spice mixture  
1 tbsp. fresh grated raw mango or 1 tsp. mango powder  
1 cup oil  
1/2 tsp of asafoetida

### Method

Peel outer skins of onions with a steel knife.  
Soak them in wet brine for 35-40 hours.  
Drain, wash thoroughly under running water.  
Dab with kitchen towel.  
Add 1 tbsp. Fresh grated raw mango or 1 tsp.  
Mango powder to spice mixture  
Sprinkle this spice mixture over them.  
Heat oil and cool  
Add asafoetida powder to it  
Pack onions into jar  
Pour cooled oil over it, keep aside  
Shake every 24 hours till onions are tender.

# Pickle's & Chutney's



## Pickled Radish

### Ingredients

1 kg. tender fresh radish

### Method

Wash, wipe, and slice radish into desired pieces.

Do not make pieces too small or they will get mushy on pickling.

Soak them in wet brine for 10-12 hours or overnight.

Drain and wash thoroughly under cold running water.

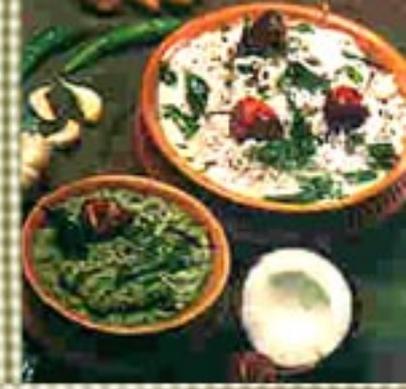
Drain completely, dab with kitchen cloth if necessary.

Pack tight layers into sterile jar, without leaving spaces.

Pour vinegar over slices to cover them.

Mature for 48 hours at least before using.

# Pickle's & Chutney's



## Pickled Mixed Vegetables

### Ingredients

200 gms. cauliflower  
50 gms. cluster beans  
50 gms. french beans  
50 gms. gherkins  
50 gms. carrots  
10 gms. ginger  
10 gms. fresh turmeric  
15 fresh firm green chillies

### Method

Wash, wipe, and slice cauliflower, carrots, gherkins into desired pieces.

Leave cluster , chillies whole, separated.

Slice ginger, turmeric into thin slivers.

Do not make pieces too small or they will get mushy on pickling.

Soak them in wet brine for 10-12 hours or overnight.

Drain and wash thoroughly under cold running water.

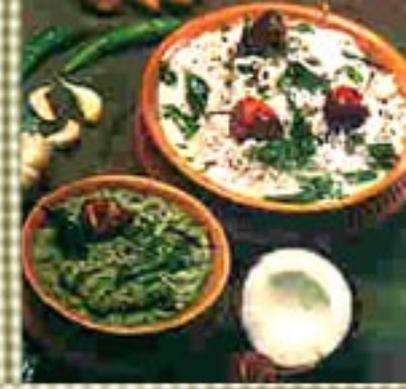
Drain completely, dab with kitchen cloth if necessary.

Pack tight layers, vegetable by vegetable into sterile jar, without leaving spaces.

Dissolve sugar into vinegar while still hot.

Pour vinegar to cover them.

# Pickle's & Chutney's



## Pickled Ginger

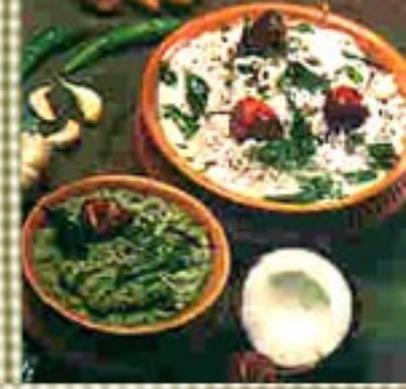
### Ingredients

200 gms. cauliflower  
50 gms. cluster beans  
50 gms. french beans  
50 gms. gherkins  
50 gms. carrots  
10 gms. ginger  
10 gms. fresh turmeric  
15 fresh firm green chillies

### Method

Slice ginger and turmeric into thin slivers.  
Put in a glass jar, peppercorns.  
Sprinkle 1/4 cup salt, shake, keep aside.  
Keep for 36 hours, shaking a few times in between.  
Darin out liquid, wash under running water.  
Drain completely, spread over a clean kitchen cloth.  
Dab out excess moisture, return to a sterile jar.  
Extract juice of lemons, using all dry equipment.  
Sprinkle salt over contents of jar.  
Add strained lemon juice, shake.  
Keep aside, shaking every 24 hours.  
Pickle will tenderize in 3-4 days.  
Need not be refrigerated, if properly handled.

# Pickle's & Chutney's



## Green Tomato Pickle

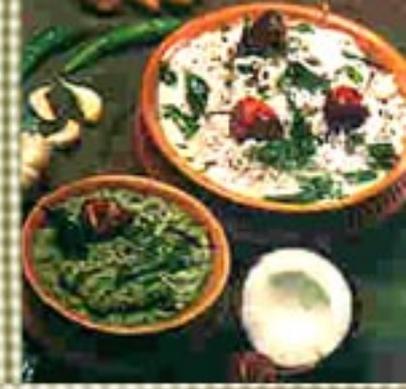
### Ingredients

250 gms. firm green tomatoes  
1 large hard apple, peeled, cored, diced  
1 large onion finely chopped  
1 tsp. fresh mint leaves finely chopped  
10-12 long hot green chillies, chopped  
1/4 cup white vinegar  
1/4tsp. cinnamon-clove powder  
2 tbsp. sugar  
1/2 tsp. salt  
1 tbsp. oil

### Method

Heat oil in a heavy pan, add onions, stir.  
Add 1 tbsp. Vinegar, simmer till onions are transparent.  
Add tomatoes, apples, cook till mixture is mushy.  
Add all other ingredients, allow sugar to dissolve.  
Simmer till thick, and there is no water residue.  
Pour into sterile jar, cool and seal.

# Pickle's & Chutney's



## Beetroot Pickle

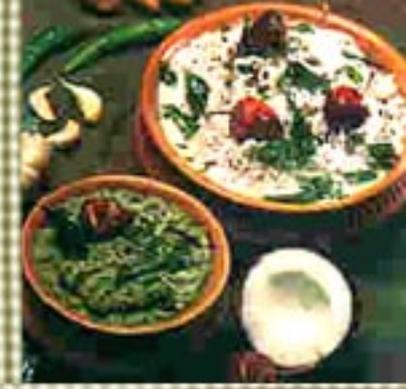
### Ingredients

250 gms. fresh juicy beetroots  
250 ml. spicy vinegar

### Method

Peel and slice beetroots thickly.  
Add salt to 1 litre water in a large vessel.  
Bring to boil, add beetroot, cooking till tender but firm.  
Slices should not become soft and break.  
Drain well, spread on a clean kitchen cloth.  
Dab out excess moisture.  
Pile into a sterile jar, pour spicy vinegar over them.

# Pickle's & Chutney's



## Stuffed Red Chilli Pickle

### Ingredients

500 gms.  
Fresh firm long red stuffing chillies  
6-8 lemons juice extracted  
1/2cup mustard powder  
2 tbsp. dried mango (amchoor) powder  
2 tbsp. salt  
1 tsp. turmeric powder  
1 tsp. crushed cumin powder  
1/2tsp. asafetida powder  
1 tsp. whole mustard seeds  
2 tbsp. oil

### Method

Wash chillies, dab them dry. Oil hands a bit, or use kitchen plastic gloves to handle chillies. Slit each, removed just some seeds depending on how hot a pickle you want.

Keep aside. Mix all dry powders and salt, except asafetida. Stuff each chilli with this mixture. Heat oil in a small pan till smoky.

Add asafetida, whole seeds, take off fire. Allow to cool to room temperature.

Pack whole chillies into a wide mouthed sterile jar.

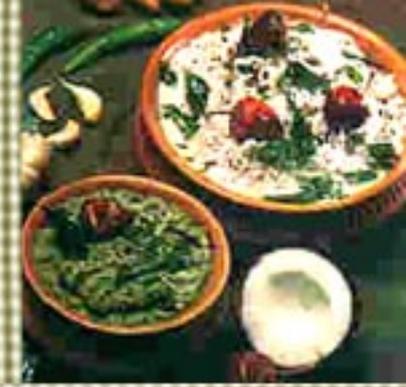
Pour lemon juice over them.

Pour oil over them.

Shake jar gently, cover and keep aside.

Shake every day, for 5-6 days, till chillies are tender.

# Pickle's & Chutney's



## Mango Pickle With Fenugreek

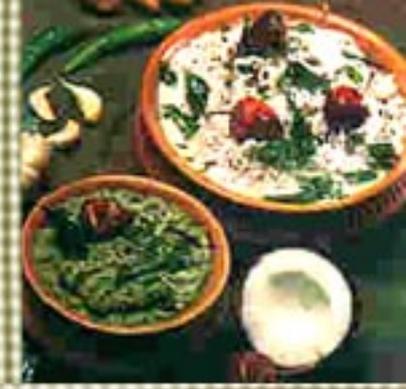
### Ingredients

mangoes: 4 medium size  
dry roasted fenugreek (methi dana): 2 tbsps  
dry roasted mustard powder: 1 tbsp  
chilli powder:- 2 tbsps  
turmeric: 1/2 tsp  
hing powder: 1/2 tsp  
sugar: 1 tbsp  
salt: appx. 2 tbsp  
gingely oil: 1/2 cup  
mustard: 1 tsp

### Method

Peel the mangoes, and shred into 1/2 inch long pieces.  
Heat oil in a kadai and add the mustard for tempering.  
Remove kadai from fire. Add the mango pieces while the oil is hot.  
Add all the other ingredients and mix. Let the mixture stand for a night.  
Place the mixture in the sun from the next day onwards for 3 days continuously.  
Keep stirring in between.  
The pickle is ready to be served

# Pickle's & Chutney's



## Pickled Cucumbers

### Ingredients

- 1 kg. tender fresh cucumbers
- 1 recipe wet brine
- 1 recipe spicy vinegar solution

### Method

Wash, wipe, and slice cucumber into desired pieces.

Do not make pieces too small or they will get mushy on pickling.

Soak them in wet brine for 10-12 hours or overnight.

Drain and wash thoroughly under cold running water.

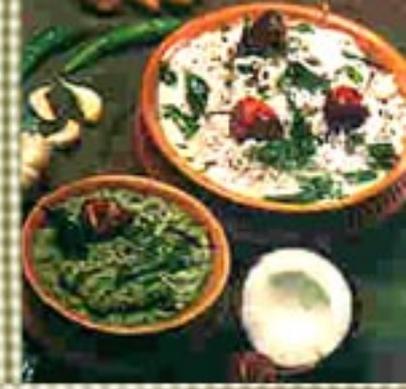
Drain completely, dab with kitchen cloth if necessary.

Pack tight layers into sterile jar, without leaving spaces.

Pour vinegar over slices to cover them.

Mature for 48 hours at least before using.

# Pickle's & Chutney's



## Gherkin Pickle

### Ingredients

200 gms. gherkins

50 gms. salt for dry brine

1 recipe fiery red spice mixture

1 tbsp. grated raw mango or 2 tsp. amchoor (dried mango) powder

2 tbsp. mustard or other oil

### Method

Heat oil till smoky, keep aside to cool.

Wash and wipe gherkins, make a slit along length of each.

Slice gherkins into vertical fours.

Place layers of gherkins, sprinkle with salt in a jar.

Keep aside, covered for 24 hours.

Drain out brine water, wash thoroughly under running cold water.

Drain completely, wipe or dab dry on a clean cloth.

Mix mango or powder into spice mixture.

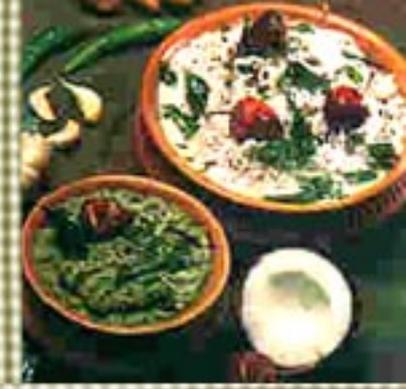
Add gherkins, mix thoroughly.

Add half oil into mixture, mix again.

Pack into sterile jar, pour remaining oil over it.

Cover with lid, keep aside for 3-4 days, before using.

# Pickle's & Chutney's



## Stuffed Lemon Pickle

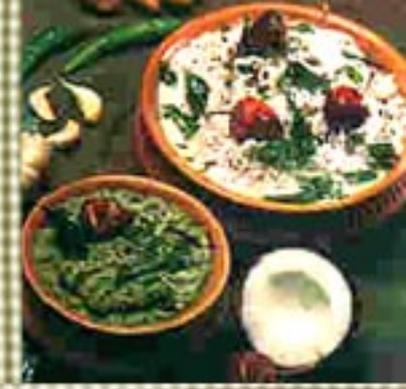
### Ingredients

1/2 kg lemon, washed and dried  
100 gms ginger, washed and peeled  
2 1/2 tbsp salt  
2 1/2 tbsp black salt  
1 1/2 tbsp red chilli powder  
1/4 tsp asafoetida  
1 cup sugar  
3 tbsp ajwain  
1/4 tbsp crushed mustard seeds  
1 tbsp garam masala

### Method

Give 4 cuts to lemons, keeping the whole lemon intact  
Thinly slice the ginger  
In a steel vessel, put all the ingredients  
Mix it well  
Tie the vessel with muslin cloth  
Keep it sun for 30 days  
Store in air-tight container

# Pickle's & Chutney's



## Quicky Chilli Pickle

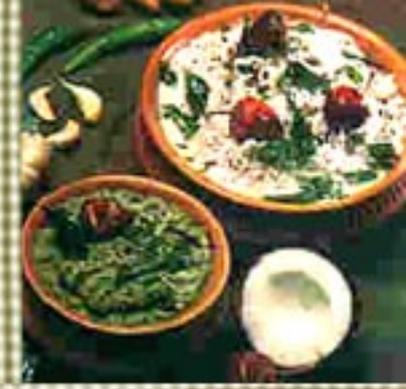
### Ingredients

8-20 green chillies, chopped finely  
pinch of hing  
1/4 tsp crushed mustard seeds  
1/8 tsp turmeric powder  
2 tsp lemon juice  
salt as per taste  
2 tsp oil

### Method

Heat oil.  
Add hing, crushed mustard.  
Add green chillies, turmeric powder and salt.  
Stir for a minute.  
Cover and keep for 2 minutes more.  
Add lemon juice, mix well.  
Remove from fire.  
Let it cool and pickle is ready.

# Pickle's & Chutney's



## Instant Keri Achar

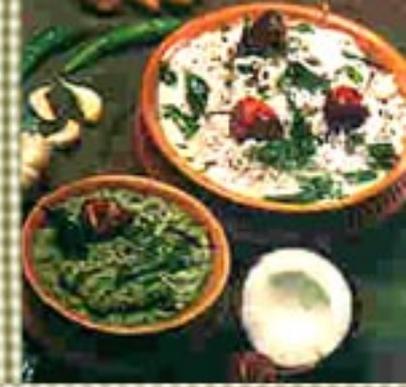
### Ingredients

2 small sized raw mangoes  
1 tbsp mustard oil  
2 tsp crushed mustard seeds  
1 tsp crushed fenugreek  
1/4 tsp turmeric powder  
1/8 tsp hing  
1 1/2 tsp red chilli  
(or more if want more spicy)  
salt as per taste

### Method

Finely chop the mangoes.  
Heat the mustard oil.  
Let it cool little.  
Add hing, crushed mustard, fenugreek and salt.  
Let it cool completely.  
The add red chilli, mix it completely.  
Put chopped mangoes.  
Mix it properly.  
The pickle is ready to eat.

# Pickle's & Chutney's



## Punjabi Carrot Pickle

### Ingredients

- 3 medium carrots peeled
- 1 medium cauliflower stalks removed
- 1/2 cup salt
- 1/4 cup red chilli powder
- 1 tbsp. turmeric
- 1 cup vinegar
- 1 cup jaggery grated

### Method

Cut carrots lengthwise into four, or six, if very thick. Cut lengths into 1 1/2 inch stubs. Keep aside.

Separate cauliflower florets. Break to halves if very big. They should match size of carrot pieces.

Add chilli, salt, turmeric. Toss well. Transfer to a clean dry bowl, Keep in sun for 4 days.

Heat vinegar till warm. Add jaggery, stir. Heat further till vinegar is very hot, and jaggery has melted.

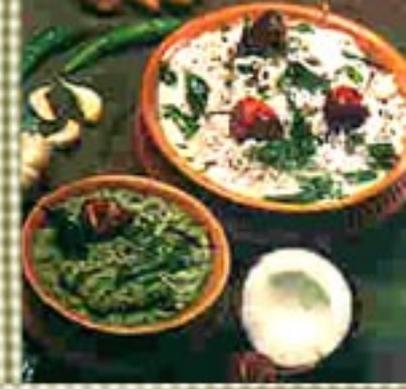
Cool to room temperature. Add to sunned vegetables. Transfer to a clean dry pickle jar, close lid tightly.

Marinate in a warm dark place for 5-6 days.

Turn well with a spoon;

Serve with chappathis, rice or just about anything.

# Pickle's & Chutney's



## Stuffed Bittergourd Pickle

### Ingredients

8 small gourds, skinned and slit	1/2 cup grated fresh raw mango (salted and sun-dried for a day)
2 tbsp. fennel seeds (saunf)	1 tsp. turmeric powder
1/2 tbsp. dhania seeds coarsely crushed	1/2 tsp. citric acid
1 tbsp. mustard seeds coarsely crushed	1 tsp. garam masala (optional)
3 tbsp. chilli powder red	salt
1 tsp. asafoetida	1 cup oil
2 tbsp. dried mango powder (amchoor)	

### Method

Mix 1 tsp. Salt and 1/4 tsp. Turmeric powder.

Rub the gourds with this mixture, keep aside for 1 hour.

Put plenty of water to boil. Add citric acid and gourds. Boil for 5-6 minutes.

Remove gourds, drain and wipe dry.

Heat half oil, in a pan, add crushed seeds, and take off fire.

Add all other masalas, salt and mango powder or gratings.

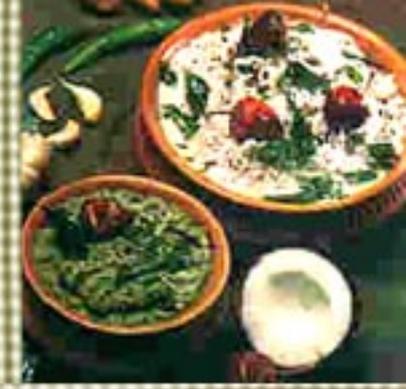
Cool gourds and masala before stuffing.

Press slits to compress. Place gourds in a glass jar.

Heat and pour remaining oil over them. Cool, cover and keep aside.

Shake lightly once a day, till the gourds are tender and pickled.

# Pickle's & Chutney's



## No Oil Spicy Mango Pickle

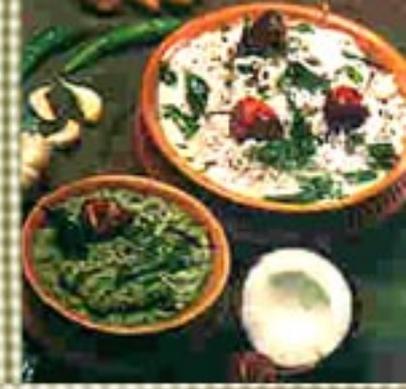
### Ingredients

- 2 medium raw mangoes
- 3 tbsp. salt
- 1 1/2 tsp. turmeric powder
- 1 tbsp. red chilli powder
- 1/4 tsp. asafoetida
- 1 tbsp. coarsely crushed mustard seeds
- 1/2 tsp. nigella seeds (optional)

### Method

- Chop mangoes into big (1") chunks.
- Discard seeds. Sprinkle 1 tbsp. Salt and 1/2 tsp. Turmeric.
- Rub to coat all pieces, place aside for 3-4 hours.
- Put in a colander to drain out water.
- Spread on a clean absorbent cloth for 2 hours.
- Take piece in a large bowl.
- Sprinkle all other ingredients and toss to blend evenly.
- Put pieces in a clean glass jar, keep aside.
- Allow to mature for two days in a clean dry corner.
- Shake jar daily. Refrigerate.

# Pickle's & Chutney's



## Raw Jackfruit (Kathal) Pickle

### Ingredients

500 gms. jackfruit chunks  
cleaned and deseeded  
1/2 cup salt  
1/2 cup sugar  
1/2 cup oil  
1 cup white vinegar  
6-8 flakes garlic  
peeled and cleaned  
3 tsp. red chilli powder  
2 tsp. crushed mustard seeds  
1/2 tsp. crushed cumin seeds  
1 tsp. ginger powder

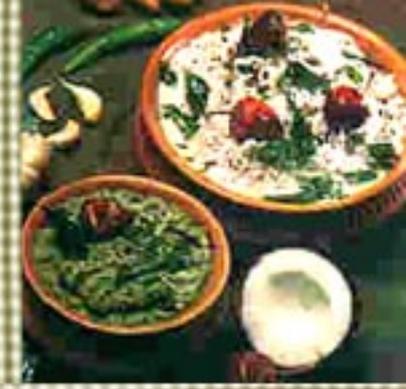
### Crushed together:

2 cardamoms  
2 cloves  
1" stick cinnamon

### Method

Apply salt to jackfruit chunks, sun dry for 2-3 days.  
Heat oil, add garlic flakes, stir.  
Add jackfruit, stir fry till tender.  
Add all other ingredients, except vinegar. Mix well.  
Add vinegar, mix, keep cover in sun for 7-8 days.  
Store in clean, sterilized airtight glass jars.

# Pickle's & Chutney's



## Bitter Gourd Pickle

### Ingredients

1/4 kg bitter gourd (small variety)	1/4 tsp citric acid
2 tbsp saunf (aniseed)	1/4 garam masala
2 tbsp red chilli powder	1 tbsp coarsely crushed coriander seeds
1 tsp asafoetida	2 tbsp coarsely crushed mustard seeds
salt to taste	250 gm oil
1 tbsp turmeric powder	
2 tbsp dried mango powder (amchoor)	

### Method

Peel and apply turmeric and salt to bitter gourds.

Keep aside for 1/2 hour.

Put them in boiling water with the citric acid.

Boil for 5-7 minutes. Remove from water and wipe dry.

Heat half the oil, add asafoetida, saunf, coriander seeds.

Remove from fire. Add all the masalas and mix well.

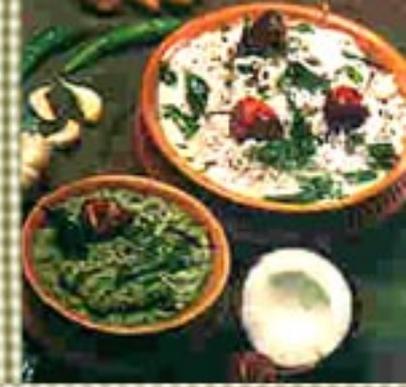
Cool and fill in the gourds. Tie them up securely with string.

Arrange them in a glass or pickle jar. Heat remaining oil a little.

Add a few pinches citric acid and 1/3 tsp salt. Pour over the gourds.

Allow to tenderise for 3-4 days more. Remove string before serving.

# Pickle's & Chutney's



## Lime Pickle (Spicy)

### Ingredients

20 limes cut into quarters

1/2 cup rock salt

1 tsp turmeric

100 gm chilli powder

25 gms ginger slices

20 green chillies

top removed and incision made

1 tsp fenugreek (methi) seeds

1 tsp aniseed (saunf)

1/2 tsp onion (kalonji)seeds

2 tbsp oil

1 tbsp sugar

1/2 tsp asafoetida

### Method

Put chopped lime pieces in a large pickle or glass jar. Add salt and turmeric.

Shake jar to coat all pieces. Add ginger and green chilli to lime.

Shake again to mix. Keep aside for 4-5 days till lime becomes tender.

Heat oil, add asafoetida. Allow to cool.

Crush aniseed, fenugreek in mixie, coarsely. Add all ingredients to the lime pieces.

Mix well with a clean dry spoon. Allow 2 days before eating.

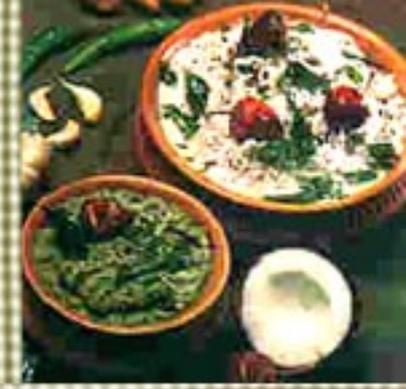
Preserve in clean dry airtight jars.

### Variation:

If sweet lime-pickle is required add enough sugar to your taste.

Reduce the amount of hot and pungent ,spices.

# Pickle's & Chutney's



## Tomato Pickle

### Ingredients

1 kg tomato chopped	125 gm mustard seeds
1/2 bottle white vinegar	60 gm red chilli powder
1/2kg sesame (til) oil	1 tsp fenugreek (methi) seeds
125 gm garlic peeled	1/2 tsp turmeric powder
125 gm green chillies	salt to taste
60 gm ginger	
1/2 tbsp jeera (cumin seeds)	

### Method

Put chopped lime pieces in a large pickle or glass jar. Add salt and turmeric.

Shake jar to coat all pieces. Add ginger and green chilli to lime.

Shake again to mix. Keep aside for 4-5 days till lime becomes tender.

Heat oil, add asafoetida. Allow to cool.

Crush aniseed, fenugreek in mixie, coarsely. Add all ingredients to the lime pieces.

Mix well with a clean dry spoon. Allow 2 days before eating.

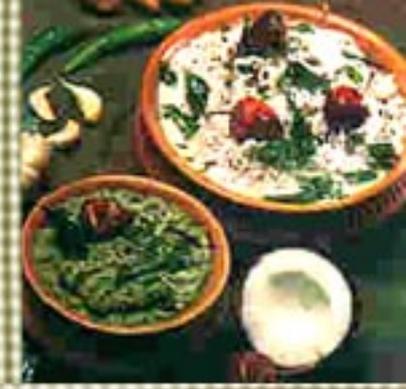
Preserve in clean dry airtight jars.

### Variation:

If sweet lime-pickle is required add enough sugar to your taste.

Reduce the amount of hot and pungent ,spices.

# Pickle's & Chutney's



## Spicy Mango Pickle

### Ingredients

3 medium raw firm mangoes-chopped in chunks	1/2 cup salt
1 tbsp crushed mustard seeds	1/5 cup turmeric powder
1/2 tbsp crushed fenugreek seeds (methi)	1 cup oil (any refined oil) glass
1/4 tbsp aniseed(saunf)	china or earthen pickle jar
1/2 cup red chilli powder	

### Method

Place chunks in jar. Sprinkle rock salt & 1/2 the turmeric. Shake the jar so the pieces are evenly coated.

Keep aside shake jar in a pendulum motion every 10-12 hours, for 2 days. On the third day empty the contents into a non-iron colander and allow the water to drain for 15-20 minutes.

Spread out on an old kitchen towel for 1 1/2 to 2 hours. Do not use white cloth, since turmeric will stain the fabric or use disposable.

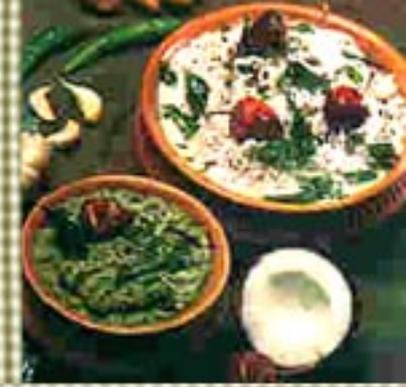
In a large plastic or glass bowl, mix all the dry ingredients left. Add the mangoes add half the oil mix very well with clean dry hands or a spatula.

Transfer to a clean jar and press down lightly. Pour remaining oil on top. Allow to marinate for 10 days before using.

Take out in small quantities for use in a small glass jar. The main jar should always have a layer of oil floating on top.

Press down the pieces and masala firmly. This pickle will not go bad for over a year even at room temperature.

# Pickle's & Chutney's



## Chilly and Ginger Pickle

### Ingredients

green chillies - 100gms

ginger - 100 gms

tamarind - 100gms

mustard - 2 tsp

fenugreek seeds 25 gms fry well and powder

curry leaves

salt to taste

turmeric powder - 1 tsp

gingerly oil - 100 ml

jaggery - 100gms

### Method

Heat tawa put oil. When the oil gets hot add mustard seeds and curry leaves to it.

Meanwhile cut the chilly and ginger into small pieces and add it and fry for a few mts .

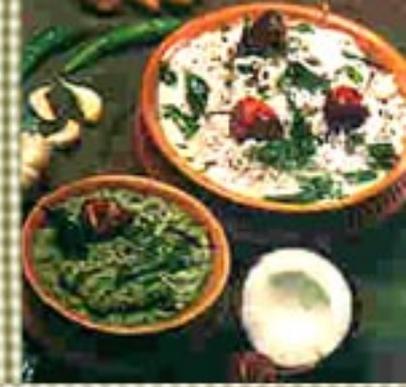
Next add the tamarind syrup to it. Add salt and turmeric powder allow it boil for about 10 mts in low flame

Once the chilly and ginger gets cooked and becomes little thick add the jaggery and the fenugreek powder and keep on stirring it for about 5 mts .

You start getting good smell of chilly, ginger, jaggery and once the oil starts coming out it means your pickle is ready.

This pickle can be kept up to a max of 6 months.

# Pickle's & Chutney's



## Hot and Sour Tomato Pickle

### Ingredients

2 lbs. green tomatoes  
(red ones can be used too)  
15-20 red chillies  
1 cup chopped ginger  
1 cup chopped garlic  
2 cups vinegar

1 tsp turmeric  
1 tbsp mustard seeds  
1 tsp fenugreek  
1 1/2 cups oil  
salt to taste

### Method

Slice the tomatoes, smear turmeric and salt on them and soak them in 1 cup vinegar.

Leave for about 2 hours. Blend together the garlic, ginger, red chillies and 3/4 of the mustard, with a little vinegar.

Heat the oil and add the remaining mustard. When the mustard crackles, add the fenugreek.

Fry for 2 minutes and then add the blended mixture and fry well for over 20 minutes.

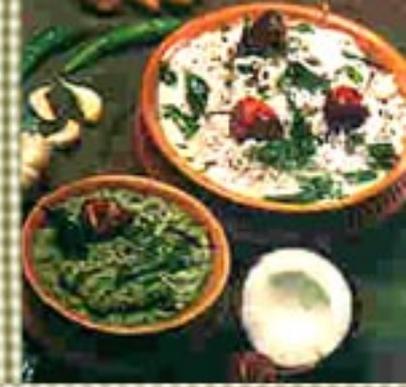
Add the tomatoes and the remaining vinegar. Stir continuously as the mixture comes to a boil.

When the pickle is almost done, the oil begins to float at the top. Take it off the heat and let it cool.

Store in a clean bottle. Will keep for a year (if anything remains of it!!). This is a delicious accompaniment to rice/dal, roti or curd rice.

You can vary the amount of red chillies/vinegar depending on how hot/sour you want the pickle to turn out.

# Pickle's & Chutney's



## Ginger Garlic Mango Pickle

### Ingredients

1 kg green mango pieces  
1/4 kg ginger garlic paste  
1/4 kg salt  
1/4 kg red chilli powder  
1/4 kg til /sesame oil

### Method

Cut the mango pieces (the size of half a lemon) clean them with a dry cloth and put it aside.

Clean the ginger garlic and make a fine paste. In a big vessel put the mango pieces, salt, red chilli powder, ginger garlic paste and mix well.

In a kadai heat 100 gm oil and put 1/2 spoon rai 1/2 spoon jeera 1/2 spoon methi.

As the seasoning start to spurt switch of the gas and cool it. Heat a vessel for few minutes till it becomes real hot and switch of the stove.

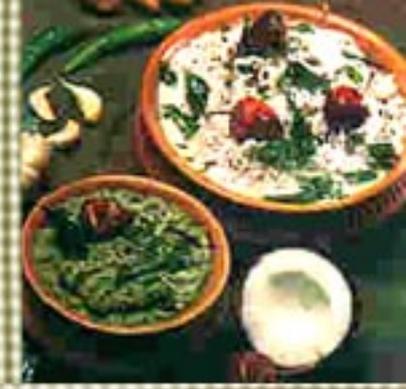
Pour the remaining 400 gm of oil into the vessel and allow the oil to cool in the vessel itself.

Do not heat the oil with the vessel /but only pour it in the hot vessel. Clean a glass bottle (1.5 kgs) dry it completely.

Put all the ingredients of step 1 into the bottle. Only after the oil has cooled down mix the step 2 and step 3 ingredients into the bottle.

Mix the mango pieces and the masala with a wooden spoon. Close the lid tightly and keep aside for about 2/3 days. The pickle can be used as and when required

# Pickle's & Chutney's



## Tamarind Ginger Pickle

### Ingredients

1/4 kg ginger  
fresh green chilli-10  
big lemon size tamarind  
salt to taste  
turmeric powder-1tsp.  
jaggery powdered-2tsp  
(if you need it more sweet add little more)  
oil- enough to fry well the ginger and chilli  
mustard seed-1/2tsp

### Method

Cut very finely the ginger or grate it as you wish. Wash it and drain it aside.

There should not be any water. Also cut the chillies very finely.

Heat oil fry the mustard seed and when it splutters add the ginger and chilli and fry them adding turmeric powder.

Then extract thick juice from tamarind, add to the ginger, chilli. Mix them well.

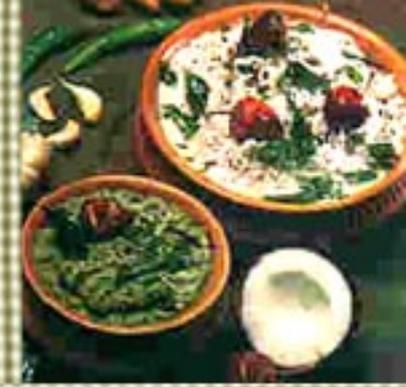
Add salt. Let it boil well and become thick. The oil will be now separated from the gravy.

Now our pickle is done. Before removing it from fire add jaggery mix well.

This one is only optional.

If you need it more spicy you need not add jaggery , on the other hand if you like it taste more sweet add more and enjoy your food.

# Pickle's & Chutney's



## Tomato-coriander Pickle

### Ingredients

3 tomatoes cut into pieces  
1/2 bunch of coriander finely chopped  
10 green chillies finely chopped  
salt  
4 tbsp tamarind juice  
1/2 tsp haldi  
1 tsp mustard seeds  
1 tsp chana dhal  
1/4 tsp hing

### Method

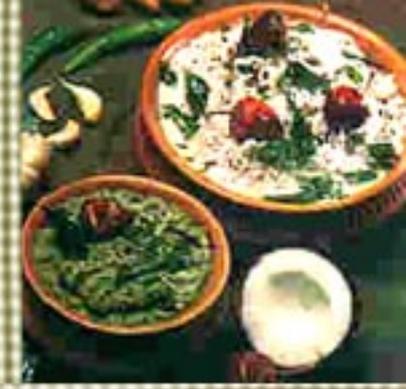
Grind 1 tomato, coriander, tamarind juice, salt and 5 green chillies, a little haldi and keep it aside.

Season oil in a pan with 1 tsp mustard seeds, 1 tsp chana dal and a little of hing.

Add tomatoes & green chillies and bring it to boil.

Add the grinded mixture to this and let it boil for 2-3 minutes

# Pickle's & Chutney's



## Gongura Pickle

### Ingredients

4 bunches of gongura leaves  
2 1/2 tsp. sesame seeds  
2 1/2 tsp. urad dal  
1 tsp. fenugreek seeds  
1 tsp. coriander seeds

1 tsp. cumin seeds  
4-5 dry red chillies  
3-4 green chillies  
2 tbsp. oil  
salt to taste

### Method

Separate gongura leaves from the bunch and wash them. Then fry them in the oil till they are tender.

Fry green chillies and keep apart. Roast sesame seeds, urad dal, cumin seeds, fenugreek seeds, coriander seeds and dry red chillies and keep apart.

Allow them to cool. Then grind them in a grinder and keep aside. Now grind the green chillies and gongura leaves to a paste.

Mix both the dry powder, salt as per taste and gongura-green chilli paste together and grind again till they mix well.

Your gongura pickle is ready. Season it and serve with rice. (It tastes better with rice)

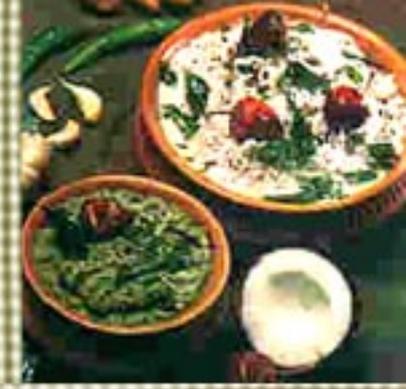
### For seasoning:

Heat 1 tbsp. Oil in a pan, when it gets hot put mustard seeds.

When they splutter put 1/2 tsp. Of chana dal and urad dal together and 1-2 dry red chillies.

Let them become brown in colour. Then put off the stove.

# Pickle's & Chutney's



## Green Pepper Pickles

### Ingredients

green pepper - 250 gm

lemon - 5

turmeric powder - a pinch

asafoetida powder - a pinch

mustard seeds -1 tsp

salt to taste

cooking oil - 4 tbsp

### Method

First of all keep a clean and dry container ready.

Clean the green pepper thoroughly and pat them dry with a clean cloth.

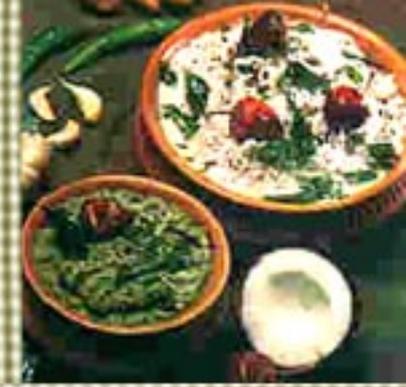
Then, transfer them into the container.

Add lemon juice over them such that they are fully immersed in the juice.

Heat oil in a kadai, add mustards seeds, asafoetida powder and turmeric powder and pour it over the pepper and mix well.

Keep it aside for a week and use it with a dry spoon.

# Pickle's & Chutney's



## Lemon Pickle(Pitlai)

### Ingredients

#### Fry in oil and grind into paste:

dhania 1 1/2 tsp

channa dhal 1 tsp

urad dhal 1 tsp

red chillies 6

coconut dry or fresh 1 handful

big size eggplant 1

tamarind pulp 1 tsp

sambhar powder 1/2 tsp

toor dhal 1 handful

white channa 1 handful

### Method

Grind the above nicely once it is done in oil.

Boil the veg., with tamarind water and if you need, add more water and tamarind later.

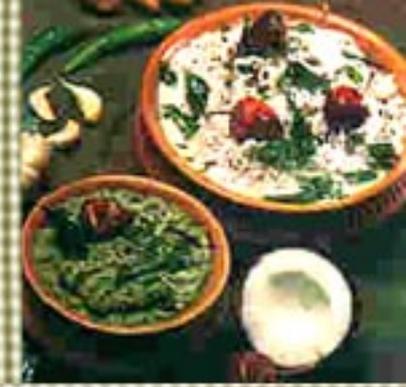
Soak channa previous night in water and boil it well with little salt and enough water.

Mix these two with salt, sambhar powder, diluted boiled dhal. Allow it to boil for a minute.

Add the paste and keep aside. Do the seasoning with mustard, curry leaves and urad dhal.

Goes well with plain rice and pappad or cucumber raitha.

# Pickle's & Chutney's



## Papaya Pickle

### Ingredients

200 gm young yellow papaya  
skinned & sliced thinly  
100 gm tomatoes  
skinned  
seeded & diced

20 gm red onion  
diced  
300 ml white wine vinegar  
30 gm sugar  
150 ml water

### Method

Put all the ingredients together in a bowl. Mix well.

Allow to pickle by leaving the bowl in the fridge for atleast one day before eating.