

# **Sweet Sour and Spicy**

**Sneh Chakraburttty**

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**Dedicated to Divya, Saakshi, Arjun, and Bharat**

**Mamu & Tony for Goa Recipes**

Recorded for the Grandchildren

**“Lest We Forget”**

From afar our flotilla of karma melts away;  
On sandbanks and cliffs sinks our fire:  
All our pageantry of days gone by  
Is one with the great cities of Time and Space!  
Oh Judge of humanity, spare yet our memories.  
Lest we forget—lest we forget!

## Glossary

- Aachar, Amchur, Mango powder
- Aadu, Adoo, Peach
- Aam, Mango
- Aaru, Aadu, Adoo, Peach
- Aavalu, Kadugu, Kaduku, Motti, Mustard seeds, Rai, Saasam, Sarson, Sasuve, Shorshe
- Acacia, Catechu, Cutch, Katha, Khair
- Adrak, Ginger, Inji, Shunti, Sonter sukku, Soonth, Sukku podi
- Ajmoda, Parsley
- Ajmud, Celery Seed
- Ajwain, Carom seeds, Corum, Omum, Oregono seeds
- Ajwainka patta, Celery leaves
- Akhrote, Akroot, Walnut
- Akroot, Akhrote, Walnut
- Almonds, Badam
- Aloo, Potato
- Aloobukara, Alubukhara, Plum
- Als, Linseed Seeds
- Alu Pan, Arvi, Patra, Kochu, Taro,
- Alubukhara, Plum, Aloobukara
- Alum, Phitkari
- Amaranth, Chauli, Chavleri,
- Amchur, Aachar, Mango powder
- Amjeer, Anjeer, Figs
- Amla, Gooseberry
- Amrood, Guavas
- Anar, Anaar, Anardhana, Pomegranate
- Ananas, Pineapple
- Anardhana, Anar, Anaar, Pomegranate
- Angoor, Grapes, Tonovin
- Anjeer, Amjeer, Figs
- Anne, Sombu seeds
- Anniseed, Anas phal, Badiyan Chakriphool , Dagad phool, Dodda jeera, Mouri, Perunjeeragam, Sauf, Star Anise, Vilayati saunf
- Apple, Sabe
- Apricot (dried), Jardalu, Khumani
- Arandi, Castor, Pisi Cheeni, Pissi Shakar chini
- Arati kayalu, Kaachkola, Nenthakkay, Plantain
- Arbi, Colocasia, Kochu, Arvi
- Arvi, Patra, Alu Pan, Kochu, Taro
- Artichoke, Hattichak
- Arrowroot, Paniphal, Tikora
- Asafetida, Hing, Ingu, Ingu, Perungayam,
- Ash Gourd, Petha
- Asparagus, Halyan, Musli, Shatwar, Sootmooli
- Atta, Chapathi mavu, Gehun ka atta, othumai mavu, Rajagaro, Wheat flour
- Aval, Chira, Chiwda, Chiwra, Pauwa, Poha, Puha, Rice (beaten)
- Avocado, Butterfruit, Makhanphal
- Bachung, Kalingad, Tarbooj, Watermelon
- Bada nimbu, Lemon, Lime, Nimbu-hara
- Badam, Almonds
- Bael, Bel, Bengal quince, Siriphal, Stone apple
- Bajri, Millet
- Baking Soda, Pakane wala, Soda bicarbonate
- Bakla, Broad beans
- Bamboo, Bans
- Bamia, Bhindi, Dharosh Bhindi, Ladyfinger,

Okra, Vendaikai, Vendaikkai

- Ban, Marjoram, Van tulsi
- Banana (green), Hara kela, Kachcha Kela
- Banana, Kela, Nendran, Nenthra pazham
- Banana flower, Kere, Kafool, Mocha kela ka phul, Plantain Flower
- Banana pith, Thor, Thora gahar
- Banana tree stem, Vaazhai Thandu
- Band gobhi, Bandhakopi, Cabbage, Patha ghobi
- Bans, Bamboo
- Bara elaychi, Boro lachi, Cardamom (black)
- Barbati, Runner Beans
- Bari, Bori, Sun cakes
- Bari mirch, Bengaluru mirapakayi, Capsicum, Kudai milagai, Pepper (green)
- Barley, Jau, Jowar, Sorghum
- Barsunga, Curry leaves, Karbevaa paalo, Kari bhevu, Kari patta, Karivepilai, Karvepaku,

Kari vepu illai, Karivepillai, Kari vepaaku, Karuvepilai, Koenigii

- Basil seeds, Subja
- Bay leaf, Birinji ilai, Tej, Tejpatta, Tez patta, Tuj patta
- Beerakaya, Ridgegourd, Todka, Torai, Jhingli, Jhinge, Turai
- Beetroot, Chukandar
- Bel, Bael, Bengal quince, Siriphal, Stone apple
- Bella, Bellam, Gur, Jaggery, Vellam,
- Bengal gram, Channa dal, Cholar, Kadalai paruppu, Putnaal papu, Sanaga pappu
- Bengal gram leaves, Chane Ke Saag
- Bengal quince, Bael, Bel, Siriphal, Stone apple
- Bengaluru mirapakayi, Bari mirch, Capsicum, Kudai milagai, Pepper (green)

- Ber, Bor, Green berry, Zizyphus
- Besan, Beshon, Gram flour, Kadalai mavu
- Bhat Chawal, Rice (cooked)
- Bhatma, Soya bean
- Bhee, Bhien, Kamal kakadior, Kamal Kakdi, Lotus stem
- Bhindi, Bamia, Dharosh Bhindi, Ladyfinger, Okra, Vendaikai, Vendaikkai
- Bhopala, Kudhu, Kumro, Lal kumro, Pumpkin
- Bhutta, Corn on cob, Maize, Makka
- Biangan, Brinjal, Eggplant, Katharikai, Kathirikka, Manathakkali vthal, Ravaya,

Vankayalu

- Birinji ilai, Bay leaf, Tej, Tejpatta, Tez patta, Tuj patta,
- Bitter melon, Bittergourd, Kerala, Kaakara kayalu, Uchche
- Bittergourd, Bitter melon, Kerala, Kaakara kayalu, Uchche
- Biuli, Kalali, Masoor dal
- Black-eyed beans, Chauli, Cowpeas, Karamani seeds, Lobia
- Black cumin, Kala jeera
- Black gram, Kalai dal, Minapappu, Ulundhu, Urad dal
- Black salt, Kaala namak, Sanchal
- Black sesame, Black yellu
- Black yellu, Black sesame
- Boda, Double Beans
- Boondi, Boris, Moong vadi
- Boppayi kaya, Papaya, Papeeta, Papita
- Bor, Ber, Green berry, Zizyphus
- Bori, Bari, Sun cakes
- Boris, Boondi, Moong vadi
- Boro lachi, Bara elaychi, Cardamom (black)
- Bottlegourd, Doodhi, Lauki, Opo squash, Sorakaaya, Suraikai

· Brinjal, Biangan, Eggplant, Katharikai,  
Kathirikka, Manathakkali vthal,

Ravaya, Vankayalu

· Broad beans, Bakla  
· Buckwheat, Kotu  
· Butter, Makhan  
· Butterfruit, Avocado, Makhanphal  
· Buttermilk, Chaach, Chaas, Mattha  
· Cabbage, Band gobi, Bandhakopi, Patha  
gobi  
· Camphor, Pachakarpooram, Pachai  
karpooram  
· Canteloupe, Kharbooja, Mashmelon,  
Melon, Muskmelon  
· Capsicum, Bari mirch, Bengaluru  
mirapakayi, Kudai milagai, Pepper (green)  
· Caraway, Siya jeera  
· Cardamom, Elaichi, Ellakki, Yelakkai  
· Cardamom (black), Bara elaychi, Boro lachi  
· Cardamom (green), Chhoti illaichi, Choto  
elachi, Hara elaychi  
· Carom seeds, Corom, Ajwain, Omum,  
Oregono seeds  
· Carombola, Kamrakh, Star fruit  
· Carrot, Gajar  
· Cashew, Geedipappu, Godambi, Jeedi  
pappu, Kaju, Mundhiri paruppu  
· Cassava, Mogo, Mandioca, Yucca  
· Castor, Arandi, Pisi Cheeni, Pissi Shakar  
chini  
· Catechu, Acacia, Cutch, Katha, Khair  
· Cauliflower, Phool gobi, Phulkopi  
· Celery, Doroo  
· Celery Seed, Ajmud  
· Chaach, Buttermilk, Chaas, Mattha  
· Chaas, Buttermilk, Chaach, Mattha  
· Chachinda, Chirchira, Chundakka, Padaval,  
Padavallanga, Snake Gourd

· Chakotra, Grapefruit, Pomello, Shaddock  
· Chal Chawal, Rice (uncooked), Tandulu  
· Chane Ke Saag, Bengal gram leaves  
· Channa dal, Cholar, Bengal gram, Kadala  
parippu, Kadalai paruppu, Putnaal papu,

Sanaga pappu

· Chashni, Sugar syrup  
· Chapathi mavu, Atta, Gehun ka atta,  
Gothumai mavu, Rajagaro, Wheat flour  
· Charmagaz, Magaz, Melon seeds mixture  
· Charoli, Cudpah nut  
· Chauli, Amaranth, Chavleri, Ramdana  
· Chavleri, Amaranth, Chauli, Ramdana  
· Chaval, Chawal, Rice  
· Chawal Ka Atta, Rice flour, Sabeda  
· Chchana, Chenna, Paneer  
· Cheeko, Chikoos, Sapodilla plum, Sapota  
· Cheeni, Chini, Sarkarai, Shakkar, Sugar  
· Celery leaves, Ajwainka patta  
· Chenna, Chchana, Paneer  
· Cherries (red), Gilas  
· Chhoti illaichi, Cardamom (green), Choto  
elachi, Hara elaychi  
· Chickpea, Kothu kadalai, Senagapindi  
· Chickpea noodles, Sev  
· Chikoos, Cheeko, Sapota, Sapodilla plum  
· Chilgoza, Pine nut  
· Chilis (green), Hari mirchi, Pachai milagai  
· Chil ka, Rind  
· Chillis (dried red), Mirsaang  
· Chin fruit, Lichee, Litchie  
· Chinese okra, Peerkangkai, Serrated gourd  
· Chira, Pauwa, Poha, Puha, Rice (beaten),  
Aval, Chiwda, Chiwra  
· Chirchira, Chundakka, Chachinda, Padaval,  
Padavallanga, Snake Gourd  
· Chironji, Sunflower seeds  
· Chitekedu, Jafran, Kesar, Kungumapoo,

Saffron, Ungumapoo, Zaffran

- Chiwda, Chiwra, Chira, Aval, Pauwa, Rice (beaten), Poha, Puha
- Cholar, Bengal gram, Channa dal, Kadalai paruppu, Putnaal papu, Sanaga pappu
- Choto elachi, Chhoti illaichi, Cardamom (green), Hara elaychi
- Chuara, Dates, Kajhoor
- Chukandar, Beetroot
- Chukka bhaji, Sorrel (red)
- Chundakka, Chirchira, Chachinda, Padaval, Padavallanga, Snake Gourd
- Cilantro, Coriander leaves, Dhania, Dhone, Hara dhania, Kothamalli,

Kothumbari soppu, Kotthimeera, Vamu

- Cinnamon, Dalchini, Lavanga pattai, Pattai, Tuj
- Citric Acid, Nimbu sat, Tartrii
- Cloves, Kirambu, Labango, Lavang, Lavanga, Lavangam
- Cluster Beans, Gavar, Gowaar phali
- Coconut, Copra, Kobbari, Kopra, Narkol Nariyal, Nariyal, Soyee
- Coconut (dessicated), Sukha Nariyal
- Coconut milk, Nariyal Ka Doodh
- Coconut sugar, Gula melaka
- Coconut treacle, Kithul
- Colocasia, Arbi, Kochu Arvi
- Colocasia leaves, Patra leaves, Pathrado leaves
- Copra, Coconut, Kobbari, Kopra, Narkol Nariyal, Nariyal, Soyee
- Coriander leaves, Cilantro, Dhania, Dhone, Hara dhania, Kothamalli,

Kothumbari soppu, Kotthimeera, Vamu

- Coriander seeds, Dhania, Dhaniya, Elakas, Dhana kuli, Kothambari

- Coriander sticks, Kothimeera katalu
- Corn kernals, Makai
- Corn on cob, Bhutta, Maize, Makka
- Corom, Carom seeds, Ajwain, Omum, Oregono seeds
- Courgettes, Tori, Zucchini
- Cowpeas, Black-eyed beans, Chauli, Karamani seeds, Lobia
- Cream, Malai
- Cream of Wheat, Farina, Semolina, Ravai, Rave, Sooji, Suji
- Cucumber, Dosakai, Kakdi, Kumbalanga
- Cudpah nut, Charoli
- Cumin seeds, Kala Jeera, Kalojeere, Jeera, Jeeragai, Jeeragam, Jeerike, Jillakarra,

Jilukara, Shajira, Shah jeera, Sombu

- Cumin seed (white), Safed jeera
- Curd, Dahi, Kammati perugu, Yoghurt
- Curry leaves, Karbevaa paalo, Kari bhevu, Kari patta, Karivepilai, Karvepaku, Kari vepu illai, Karivepillai,

Kari vepaaku, Karuvepilai, Koenigii, Barsunga

- Currants, Kela Draksha
- Custard apple, Sharifa, Sitaphal
- Cutch, Acacia, Catechu, Katha, Khair
- Dagad phool, Anas phal, Annisseed, Dodda jeera, Mouri, Perunjeeragam,

Sauf, Vilayati saunf

- Dahi, Curd, Kammati perugu, Yoghurt
- Daikon radish, Lobok, Mulo
- Dalchini, Cinnamon, Lavanga pattai, attai, Tuj
- Dalia, Gram (puffed), Lapsi, Wheat (broken)
- Dates, Chuara, Kajhoor

· Dhana kuli, Coriander seeds, Dhania, Dhaniya, Elakas, Kothambari  
· Dhania, Cilantro, Coriander leaves, Hara dhaniala, Kothamalli, Kothumbari soppu,

Kotthimeera, Vamu

· Dhaniya, Coriander seeds, Dhania, Dhana kuli, Elakas, Kothambari  
· Dharosh Bhindi, Bamia, Ladyfinger, Okra, Vendaikai, Vendaikkai, Bhindi  
· Dhoni, Cilantro, Coriander leaves, Dhania, Hara dhaniala, Kothamalli, Kothumbari

soppu, Kotthimeera, Vamu,

· Dhuli mooong dal, Lentils, green  
· Dhuli urad dal, Lentils, White gram  
· Digi mirch, Paprika  
· Dill weed, Soa Sag, Suvabhaji  
· Dodda jeera, Anas phal, Annisseed, Dagad phool, Mouri, Perunjeeragam, Sauf,

Vilayati saunf

· Dondakaaya, Dondakaya, Dondakayalu, Gentleman's Toes, Gherkin pickles, Goli,

Ivy Gourd, Kovaikai, Kunthroo, Tendlis, Tindora pickle, Tinda, Tindla, Tondli

· Doodh, Milk, Paal  
· Doodhi, Bottlegourd, Lauki, Opo squash, Sorakaaya, Suraikai  
· Doroo, Celery  
· Dosakai, Cucumber, Kakdi, Kumbalanga  
· Double Beans, Boda  
· Drumstick, Murungaikai, Saijamki Phali, Sejan ki phali, Seeng, Sajne Danta Shinjan,

Muruggai, Sahijan, Sekta-ni-sing

· Drumstick leaves, Muranka bhaji  
· Eggplant, Biangan, Brinjal, Katharikai, Kathirikka, Manathakkali vthal, Ravaya,

Vankayalu

· Eggplant (sundried), Kathirikai vatal  
· Elaichi, Cardamom, Ellakki, Yelakkai  
· Elakas, Coriander seeds, Dhania, Dhaniya, Dhana kuli, Kothambari  
· Ellakki, Cardamom, Elaichi, Yelakkai  
· Ellu, Niher, Nuvvulu, Safed Til, Gingelly seed, Sesame seeds, Til  
· Enchor, Jackfruit, Kathal, Kanthal  
· Endive, Gulsuchal, Salad leaves  
· Fansi, French green beans, Surti papdi  
· Farina, Cream of Wheat, Ravai, Rave, Semolina, Sooji, Suji  
· Fennel, Saunf, Sombu  
· Fenugreek leaves, Kasoori methi  
· Fenugreek seeds, Methi, Menthiyam, Methi daana, Vendhayam, Venthayam  
· Field beans, Vaal  
· Figs, Amjeer, Anjeer  
· Flour (all purpose), Kuttu, Maida, Maida mavu, Moida  
· French green beans, Fansi, Surti papdi  
· Fruit (dry), Meva  
· Gajar, Carrot  
· Gamboge, Kokam  
· Ganna, Sugar Cane  
· Ganth gobhi, Kohlrabi  
· Garden cress, Halim  
· Gasagasa, Khus khus, Poppy seeds, Post dana, Posto  
· Gavar, Cluster Beans, Gowaar phali  
· Geedipappu, Cashew, Kaju, Godambi, Jeedi pappu, Mundhiri paruppu,  
· Gehun ka atta, Atta, Chapathi mavu, Gothumai mavu, Rajagaro, Wheat flour,  
· Ghee, Ney  
· Gherkin pickles, Dondakaya, Dondakaaya, Dondakayalu, Gentleman's Toes, Goli, Ivy

Gourd, Kovaikai, Kunthroo, Tendlis, Tinda, Tindla, Tindora pickle, Tondli

- Ghia, Sweet gourd
- Gilas, Cherries (red)
- Gingelly, Sesame oil
- Gingelly seed, Sesame seeds, Ellu, Niher, Nuvvulu, Safed Til, Til
- Ginger, Adrak, Inji, Shunti, Sonter sukku, Soonth, Sukku podi
- Godambi, Cashew, Kaju, Jeedi pappu, Geedipappu, Mundhiri paruppu
- Golaper jal, Gulab jal, Rose water
- Goli, Gherkin pickles, Dondakaya, Dondakaaya, Dondakayalu, Gentleman's Toes, Ivy

Gourd, Kovaikai, Kunthroo, Tendlis, Tinda, Tindla, Tindora pickle, Tondli,

- Gol Mirich, Molaggu, Kalimirchi, Milagu, Menasu, Peppercorns, Safed mirch
- Gond, Gum, edible, Gund
- Gooda, Pulp
- Gooseberry, Amla
- Gothumai mavu, Atta, Chapathi mavu, Gehun ka atta, Rajagaro, Wheat flour
- Gowaar phali, Gavar, Cluster Beans
- Gram dal, Pottu kadalae
- Gram flour, Besan, Beshon, Kadalai mavu
- Gram, Bengal split, Kala chana
- Gram (puffed), Dalia, Lapsi, Wheat (broken)
- Grapes, Angoor, Tonovin
- Grapefruit, Chakotra, Pomello, Shaddock
- Green berry, Bor, Ber, Zizyphus
- Green gram, Moong dal, Pachai paruppu, Payaru, Payatham paruppu
- Green pea, Pattani
- Groundnut, Peanuts, Moongphali, Nella

kadalae, Nilakadalai, Verkadalai, Veru senaga

pappu

- Guavas, Amrood
  - Gula melaka, Coconut sugar
  - Gula Melaka, Palm sugar
  - Gulab jal, Golaper jal, Rose water
  - Gulsuchal, Endive, Salad leaves
  - Gum, edible, Gund, Gond
  - Gond, Gund, Gum, edible
  - Gur, Bella, Bellam, Jaggery, Vellam
  - Haldi, Harasina pudi, Holud, Manjal, Manjal podi, Turmeric
  - Halim, Garden cress
  - Halyan, Asparagus, Musli, Shatwar, Sootmooli
  - Hara dhanian, Kotthimeera, Cilantro, Coriander leaves, Dhanian, Dhane, Kothamalli,
- Kothumbari soppu, Vamu
- Hara elaychi, Choto elachi, Chhoti illaichi, Cardamom (green)
  - Hara kela, Banana (green), Kachcha Kela
  - Harasina pudi, Haldi, Holud, Manjal, Manjal podi, Turmeric
  - Hari mirchi, Chilis (green), Pachai milagai
  - Hasha, Thyme
  - Hattichak, Artichoke
  - Hing, Asafetida, Ingu, Ingu, Perungayam
  - Holud, Turmeric, Haldi, Harasina pudi, Manjal, Manjal podi
  - Honey, Madhu, Shahad
  - Horseradish, Mooli, Mulo Muli, Mullangi, Radish
  - Hunase hunnu, Imli, Puli, Tamcon, Tamarind, Tetul
  - Imli, Hunase hunnu, Puli, Tamcon,



Tamarind, Tetul

- Indian sorrel, Khatti bhaji
- Ingu, Ingua, Asafetida, Hing, Perungayam
- Inji, Ginger, Adrak, Shunti, Sonter sukku, Soonth, Sukku podi
- Ittar, Keora, Kewra, Screwpine
- Jackfruit, Enchor, Kanthal, Kathal
- Jackfruit (green), Kadgi
- Jafran, Chitekedu, Kesar, Kungumapoo, Saffron, Ungumapoo, Zaffran
- Jaggery, Bella, Bellam, Gur, Vellam
- Jaitoon Ka Tel, Olive oil
- Jaitun, Olives, Zaitoon, Zetoon
- Jambul fruit, Jamoon, Java plum
- Jamoon, Jambul fruit, Java plum
- Jardalu, Apricot (dried), Khumani
- Jau, Jowar, Barley, Sorghum
- Java plum, Jamoon, Jambul fruit
- Javitri, Mace, Jayetri, Jaypathre
- Javvarasi, Sago, Sabudana, Simla aloo, Tapioca

- Jayetri, Jaypathre, Mace, Javitri
- Jayfal, Joiphol, Nutmeg, Zaiphall
- Jaypathre, Javitri, Jayetri, Mace
- Jeedi pappu, Cashew, Geedipappu, Godambi, Kaju, Mundhiri paruppu,
- Jeera, Cumin seeds, Kala Jeera, Kalojeere, Jeeragai, Jeeragam, Jeerike,

Jillakarra, Jilukara, Shajira, Shah jeera, Sombu

- Jhaal papars, Papadoms
- Jhangor, Millet (coarse)
- Jhinge, Jhingli, Beerakaya, Ridgegourd, Todka, Torai, Turai
- Jillakarra, Cumin seeds, Kala Jeera, Kalojeere, Jeera, Jeeragai, Jeeragam, Jeerike,

Jilukara, Shajira, Shah jeera, Sombu

- Javvarasi, Sabudana, Sago, Simla aloo, Tapioca
- Jimikand, Kand, Ratalu, Sooran, Suran, Yam, Zimikand
- Joiphol, Jayfal, Nutmeg, Zaiphall
- Jowar, Barley, Sorghum
- Jwanu, Lovage
- Kaachkola, Arati kayalu, Nenthakkay, Plantain
- Kaakara kayalu, Bittergourd, Bitter melon, Kerala, Uchche
- Kaala namak, Black salt
- Kachcha Aam, Mangos (unripe)
- Kachcha Kela, Hara kela, Banana (green)
- Kadalai paruppu, Cholar, Bengal gram, Channa dal, Putnaal papu, Sanaga pappu
- Kadalai mavu, Besan, Beshon, Gram flour
- Kadalai paruppu, Bengal gram, Channa dal, Cholar, Kadala parippu, Putnaal papu,

Sanaga pappu

- Kadgi, Jackfruit (green)
- Kadugu, Aavalu, Kaduku, Motti, Mustard seeds, Rai, Saasam, Sarson, Sasuve, Shorshe
- Kafool, Plantain Flower, Mocha kela ka phul, Banana flower, Kere
- Kaindha milagai, Pepper (red chili), Lal mirchi, Mirchi, Mirsaang, Shukhno lonka,

Vatral milagai

- Kaintha thratchai, Kishmish, Ona drakshi, Raisin, Sultanas
- Kaith, Woodapple
- Kajhoor, Chuara, Dates
- Kaju, Cashew, Geedipappu, Godambi, Jeedi pappu, Mundhiri paruppu
- Kakdi, Cucumber, Dosakai, Kumbalanga
- Kala chana, Gram (Bengal split)

- Kela Draksha, Currants
- Kala Jeera, Cumin seeds, Kalojeere, Jeera, Jeeragai, Jeeragam, Jeerike,

Jillakarra, Jilukara, Shajira, Shah jeera, Sombu

- Kalai dal, Minapappu, Black gram, Ulundhu, Urad dal
- Kalali, Biuli, Masoor dal
- Kalimirchi, Gol Mirich, Menasu, Milagu, Molaggu, Peppercorns, Safed mirch
- Kalingad, Bachung, Tarbooj, Watermelon
- Kalla namak, Sanchal, Black Salt
- Kalo jeera, Kalongi, Nigella
- Kalongi, Kalo jeera, Nigella
- Kamal Gatta, Makhanas, Lotus seeds
- Kamal gatta, Kamal kakri, Lotus root
- Kamal kakadior, Kamal Kakdi, Bhee, Bhien, Lotus stem
- Kammati perugu, Curd, Dahi, Yoghurt
- Kamrakh, Carombola, Star fruit
- Kand, Jimikand, Ratalu, Sooran, Suran, Yam, Zimikand
- Kankrasringi, Sumac
- Koenigii, Karbevaa paalo, Kari bhevu, Curry leaves, Kari patta, Kari vepaaku,

Karivepilai, Kari vepu illai, Karuvepilai, Karvepaku, Barsunga

- Kanthal, Enchor, Jackfruit, Kathal
- Karamani seeds, Black-eyed beans, Chauli, Cowpeas, Lobia
- Karbevaa paalo, Kari bhevu, Curry leaves, Kari patta, Kari vepaaku, Karivepilai, Kari

vepu illai, Karuvepilai, Karvepaku, Koenigii, Barsunga

- Kari patta, Kari vepaaku, Curry leaves, Karbevaa paalo, Kari bhevu, Karivepilai, Kari

vepu illai, Karuvepilai, Karvepaku, Koenigii, Barsunga

- Karonda, Natal plum
- Kasmisaag, Lettuce, Salad Ka Patta
- Kasoori methi, Fenugreek leaves
- Katha, Acacia, Catechu, Cutch, Khair
- Kathal, Enchor, Jackfruit, Kanthal
- Katharikai, Brinjal, Biangan, Eggplant, Kathirikka, Manathakkali vthal,

Ravaya, Vankayalu

- Kathirikai vatal, Eggplant, sundried
- Kathirikka, Brinjal, Biangan, Eggplant, Katharikai, Manathakkali vthal,

Ravaya, Vankayalu

- Keenu, Tangerine
- Kela, Banana, Nendran, Nenthra pazham
- Keora, Kewra, Ittar, Screwpine
- Kerala, Bittergourd, Bitter melon, Kaakara kayalu, Uchche
- Kere, Kafool, Plantain Flower, Mocha kela ka phul, Banana flower
- Kesar, Jafran, Chitekedu, Kungumapoo, Saffron, Ungumapoo, Zaffran
- Kewra, Keora, Ittar, Screwpine
- Khair, Acacia, Catechu, Cutch, Katha
- Khameer, Yeast
- Kharbooja, Canteloupe, Mashmelon, Melon, Muskmelon
- Kharbuje ki giri, White melon seeds
- Khatai, Mango powder (dry green)
- Khatti bhaji, Indian sorrel
- Kheer, Ksir, Thick milk (reduced)
- Khesari leaves, Masoor bhaji
- Khoi Khoi, Rice (popped)
- Khoya, Mava, Mawa
- Khumani, Apricot (dried), Jardalu
- Khus khus, Gasagasa, Poppy seeds, Post

dana, Posto

- Kidney beans, Matki, Rajma
- Kirambu, Cloves, Labango, Lavang, Lavanga, Lavangam
- Kishmish, Kaintha thratchai, Ona drakshi, Raisin, Sultanas
- Kithul, Coconut treacle
- Kobbari, Coconut, Copra, Kopra, Narkol Nariyal, Nariyal, Soyee
- Kochu, Taro, Alu Pan, Arvi, Patra
- Kochu Arvi, Arbi, Colocasia
- Kochus, Peppers (hot)
- Kokam, Gamboge
- Kopra, Coconut, Copra, Kobbari, Nariyal, Narkol Nariyal, Soyee
- Kothamalli, Cilantro, Coriander leaves, Dhania, Hara dhania, Kothumbari soppu,

Kotthimeera, Vamu

- Kothambari, Coriander seeds, Dhania, Dhaniya, Dhana kuli, Elakas
- Kothimeera katalu, Coriander sticks
- Kothu kadalai, Chickpea, Senagapindi
- Kothumbari soppu, Cilantro, Coriander leaves, Dhania, Dhane, Hara dhania, Kothamalli,

Kotthimeera, Vamu

- Kotthimeera, Cilantro, Coriander leaves, Dhania, Dhane, Hara dhania, Kothamalli,

Kothumbari soppu, Vamu

- Kotu, Buckwheat
- Ksir, Kheer, Thick milk (reduced)
- Kudai milagai, Bari mirch, Bengaluru mirapakayi, Capsicum, Pepper (green)
- Kudhu, Kumro, Lal kumro, Pumpkin, Bhopala,
- Kumbalanga, Cucumber, Dosakai, Kakdi

· Kumro, Kudhu, Pumpkin, Bhopala, , Lal kumro

- Kumro phool, Lal kumro, Pumpkin Flour
- Kungumapoo, Kesar, Jafran, Chitekedu, Saffron, Ungumapoo, Zaffran
- Kunthroo, Gherkin pickles, Dondakaya, Dondakaaya, Dondakayalu, Gentleman's Toes,

Goli, Ivy Gourd, Kovaikai, Tendlis, Tinda, Tindla, Tindora pickle, Tondli

· Kuttu, Flour (all purpose), Maida, Maida mavu, Moida

· Labango, Lavang, Lavanga, Lavangam, Kirambu, Cloves

· Laddi Pavs, White bread

· Ladyfinger, Bamia, Bhindi, Dharosh Bhindi, Okra, Vendaikai, Vendaikkai

· Lal kumro, Bhopala, Kudhu, Kumro, Pumpkin

· Lal mirchi, Kaindha milagai, Mirchi, Mirsaang, Pepper (red chili), Shukhno lonka,

Atral milagai

· Lapsi, Gram (puffed), Dalia, Wheat (broken)

· Lauki, Bottlegourd, Doodhi, Opo squash, Sorakaaya, Suraikai

· Lavanga, Cloves, Lavanga, Lavangam, Kirambu, Labango

· Lavanga pattai, Cinnamon, Dalchini, Pattai, Tuj

· Lavangam, Cloves, Lavang, Lavanga, Kirambu, Labango

· Lemon, Bada nimbu, Nimbu, Nimbu-peela

· Lemon (sweet), Mitha Nimbu

· Lentils (brown), Sabut masoor

· Lentils (green), Dhuli mooong dal

· Lentils (white gram), Dhuli urad dal

- Lettuce, Kasmisaag, Salad Ka Patta
- Lichee, Chin fruit, Litchie
- Lime, Nimbu, Nimbu-hara
- Lime (sweet), Mausammi, Musambi
- Linseed Seeds, Alsi
- Litchie, Chin fruit, Lichee
- Lobia, Black-eyed beans, Chauli, Cowpeas, Karamani seeds
- Lobok, Daikon radish, Mulo
- Lotus root, Kamal gatta, Kamal kakri
- Lotus seeds, Kamal Gatta, Makhanas
- Lotus stem, Bhee, Bhien, Kamal kakadior, Kamal Kakdi,
- Lovage, Jwanu
- Mace, Javitri, Jayetri, Jaypathre
- Madhu, Honey, Shahad
- Magai pacchadi, Mango chutney
- Magaz, Melon seeds
- Maida, Flour (all purpose), Kuttu, Maida mavu, Moida
- Maize, Bhutta, Corn on cob, Makka
- Makai, Corn kernals
- Makhan, Butter
- Makhanas, Lotus seeds, Kamal Gatta
- Makhanphal, Avocado, Butterfruit
- Makka, Bhutta, Corn on cob, Maize
- Malai, Cream
- Mamra, Mudi, Muramaralu, Murmure, Paddy flakes, Rice (puffed)
- Manathakkali vthal, Biangan, Brinjal, Eggplant, Katharikai, Kathirikka, Ravaya, Vankayalu,
- Mandioca, Mogo, Cassava, Yucca
- Mango, Aam
- Mango chutney, Magai pacchadi
- Mango powder, Aachar, Amchur
- Mango powder (dry green), Khatai
- Mangoes, juice, Rasthal
- Mango (ripe), Pakka Aam
- Mangos (unripe), Kachcha Aam
- Mangos (unripe baby), Vadu maangaai
- Manjal, Haldi, Harasina pudi, Holud, Manjal podi, Turmeric
- Manjal podi, Manjal, Haldi, Harasina pudi, Holud, Turmeric
- Mar dal, Mator dal, Split Peas,
- Margosa, Neem
- Marjoram, Ban, Van tulsi
- Mashmelon, Canteloupe, Kharbooja, Melon, Muskmellon
- Masoor bhaji, Khesari leaves
- Masoor dal, Biuli, Kalali
- Matar, Peas
- Matki, Rajma, Kidney beans
- Mator dal, Mar dal, Split Peas
- Mattha, Buttermilk, Chaach, Chaas
- Mausammi, Musambi, Lime (sweet)
- Mava, Mawa, Khoya
- Melon, Kharbooja
- Melon seeds mixture, Charmagaz, Magaz
- Menasu, Gol Mirich, Kalimirchi, Milagu, Molaggu, Peppercorns, Safed mirch
- Menthiyam, Fenugreek seeds, Methi, Methi daana, Vendhayam, Venthayam
- Methi, Menthiyam, Fenugreek seeds, Methi daana, Vendhayam, Venthayam
- Meva, Fruit (dry)
- Milagu, Menasu, Gol Mirich, Kalimirchi, Molaggu, Peppercorns, Safed mirch
- Milk, Doodh, Paal
- Millet, Bajri
- Millet (coarse), Jhangor
- Minapappu, Black gram, Kalai dal, Ulundhu, Urad dal
- Mint, Podina, Pothina, Pudhina
- Mirchi, Mirsaang, Chillis (dried red),

Kaindha milagai, Lal mirchi, Pepper (red chili),

Shukhno lonka, Vutral milagai

· Misti Alu Shakarkand, Shakarkand, Sweet potato

· Mitha Nimbu, Lemon (sweet)

· Mocha kela ka phul, Banana flower, Kere, Kafool, Plantain Flower

· Mogo, Cassava, Mandioca, Yucca

· Moida, Maida, Flour (all purpose), Kuttu, Maida mavu

· Molaggu, Gol Mirich, Kalimirchi, Milagu, Menasu, Peppercorns, Safed mirch

· Mooli, Horseradish, Mulo Muli, Mullangi, Radish

· Moong dal, Green gram, Pachai paruppu, Payaru, Payatham paruppu

· Moong dal (split), Pesara pappu

· Moong vadi, Boondi, Boris

· Moongphali, Groundnut, Nella kadalaе, Nilakadalai, Peanuts, Verkadalai, Veru senaga

pappu

· Mosambi, Sweet lime

· Motti, Kadugu, Aavalu, Kaduku, Mustard seeds, Rai, Saasam, Sarson, Sasuve, Shorshe

· Mouri, Anas phal, Annisseed, Dagad phool, Dodda jeera, Perunjeeragam, Sauf,

Vilayati saunf

· Mudi, Mamra, Muramaralu, Murmure, Paddy flakes, Rice (puffed)

· Mulberry, Shahtoot, Shehtooth

· Mullangi, Horseradish, Mooli, Mulo Muli, Radish

· Mulo, Daikon radish, Lobok

· Mulo Muli, Radish, Mullangi, Horseradish,

Mooli

· Mundhiri paruppu, Cashew, Kaju, Geedipappu, Godambi, Jeedi pappu

· Muramaralu, Murmure, Mamra, Paddy flakes, Rice (puffed)

· Muranka bhaji, Drumstick leaves

· Murmure, Mamra, Mudi, Muramaralu, Paddy flakes, Rice (puffed)

· Murungaikai, Muruggai, Drumstick, Saijamki Phali, Sajne Danta Shinjan, Sejan ki phali,

Seeng, Sahijan, Sekta-ni-sing

· Muskmelon, Canteloupe, Kharbooja

· Musli, Asparagus, Halyan, Shatwar, Sootmooli

· Mustard greens, Sarson

· Mustard oil, Sarson Ka Tel

· Mustard seeds, Kadugu, Aavalu, Kaduku, Motti, Rai, Saasam, Sarson, Sasuve, Shorshe

· Namak, Salt

· Narangi, Orange, Santra

· Nariyal, Coconut, Copra, Kobbari, Kopra, Soyee

· Nariyal Ka Doodh , Coconut milk

· Nashpati, Pear

· Natal plum, Karonda

· Natun Alu Naya Alu, Potatos (new)

· Neem, Margosa

· Nelagadale kaayi beeja, Peanuts (raw)

· Nella kadalaе, Moongphali, Groundnut, Nilakadalai, Peanuts, Verkadalai, Veru senaga

pappu

· Nendran, Banana, Kela, Nenthra pazham

· Nenthra pazham, Banana, Kela, Nendran

· Nenthakkay, Arati kayalu, Kaachkola, Plantain

- Ney, Ghee
- Nigella, Kalongi, Kalo jeera
- Niher, Sesame seeds, Ellu, Nuvvulu, Safed Til, Gingelly seed, Til
- Nilakadalai, Moongphali, Groundnut, Nella kadala, Peanuts, Verkadalai, Veru senaga

pappu

- Nimbu-hara, Bada nimbu, Lemon, Lime
- Nimbu-peela, Lime
- Nimbu sat, Citric Acid, Tartrii
- Nimbu, Lemon, Lime
- Nutmeg, Jayfal, Joiphol, Zaiphali
- Nuvvulu, Ellu, Niher, Sesame seeds, Safed Til, Gingelly seed, Til
- Oil, Tel
- Okra, Bhindi, Bamia, Dharosh Bhindi, Ladyfinger, Vendaikai, Vendaikkai
- Olives, Jaitun, Zaitoon, Zetoon
- Olive oil, Jaitoon Ka Tel
- Omum, Oregono seeds, Ajwain, Carom seeds, Corum
- Ona drakshi, Kaintha thratchai, Kishmish, Raisin, Sultanas
- Opo squash, Bottlegourd, Doodhi, Lauki, Suraikai, Sorakaaya
- Orange, Narangi, Santra
- Oranguthol vatal, Tangerine peel (sundried)
- Oregono seeds, Ajwain, Carom seeds, Corum, Omum
- Paal, Doodh, Milk
- Pachai karpooram, Camphor, Pachakarpooram
- Pachai milagai, Chilis (green), Hari mirchi
- Pachai paruppu, Green gram, Moong dal, Payatham paruppu, Payaru
- Pachakarpooram, Camphor, Pachai karpooram

- Padaval, Padavallanga, Chundakka, Chirchira, Chachinda, Snake Gourd
- Padavallanga, Padaval, Chundakka, Chirchira, Chachinda, Snake Gourd
- Paddy flakes, Mamra, Mudi, Muramaralu, Murmure, Rice (puffed)
- Pakane wala, Soda bicarbonate, Baking Soda
- Pakka aam, Mango (ripe)
- Palak, Palong Sag, Spinach
- Palm sugar, Gula Melaka
- Palong Sag, Palak, Spinach
- Pandan, Rampe
- Paneer, Chchana, Chenna
- Pani, Water
- Paniphal, Arrowroot, Tikora
- Papad Khar , Sodium Benzonate
- Papadoms, Jhaal papars
- Papaya, Papeeta, Papita, Boppayi kaya
- Papeeta, Papita, Boppayi kaya, Papaya,
- Papaya (ripe), Pukka Papita
- Paplet, Pomfret
- Paprika, Digi mirch
- Parsley, Ajmoda
- Parval, Patola
- Patha gobi, Band gobhi, Bandhakopi, Cabbage
- Pathrado leaves, Colocasia leaves, Patra leaves
- Patra leaves, Colocasia leaves, Pathrado leaves
- Pattai, Cinnamon, Dalchini, Lavanga pattai, Tuj
- Pattani, Green pea
- Pauwa, Poha, Puha, Rice (beaten), Aval, Chira, Chiwda, Chiwra,
- Pavs, Toasts
- Payaru, Green gram, Moong dal, Pachai

paruppu, Payatham paruppu

- Payatham paruppu, Green gram, Moong dal, Pachai paruppu, Payaru
- Peach, Aadu, Aaru, Adoo
- Peanuts, Moongphali, Groundnut, Nella kadalae, Nilakadalai, Verkadalai, Veru senaga

pappu

- Pear, Nashpati
- Peas, Matar
- Peerkangkai, Chinese okra, Serrated gourd
- Pepper (bell), Simla mirch
- Pepper (green), Bari mirch, Bengaluru mirapakayi, Capsicum, Kudai milagai,
- Pepper (red chili), Kaindha milagai, Lal mirchi, Mirchi, Mirsaang, Shukhno lonka, Vatral milagai
- Pepper, Szechewan, Timur
- Peppercorns, Gol Mirich, Kalimirchi, Menasu, Milagu, Molaggu, Safed mirch
- Peppers (hot), Kochus
- Perungayam, Asafetida, Hing, Ingu, Ingua
- Perunjeeragam, Anas phal, Annisseed, Dagad phool, Dodda jeera, Mouri, Sauf, Vilayati saunf
- Pesara pappu, Moong dal (split)
- Petha, Ash Gourd
- Phate Doodh ka Pani, Whey
- Phitkari, Alum
- Phool gobi, Phulkopi Cauliflower
- Pine nut, Chilgoza
- Pineapple, Ananas
- Pista, Pistachio
- Pistachio, Pista
- Pisi Cheeni, Pissi Shakar chini, Arandi, Castor
- Plantain, Arati kayalu, Kaachkola, Nenthakkay

· Plantain Flower, Mocha kela ka phul, Banana flower, Kere, Kafool

- Plum, Aloobukara, Alubukhara
- Podina, Mint, Pothina, Pudhina
- Poha, Aval, Chira, Chiwda, Chiwra, Pauwa, Puha, Rice (beaten)
- Pomegranate, Anaar, Anar, Anardhana
- Pomello, Chakotra, Grapefruit, Shaddock
- Pomfret, Paplet
- Poppy seeds, Gasagasa, Khus khus, Post dana, Posto
- Post dana, Posto, Gasagasa, Khus khus, Poppy seeds
- Posto, Gasagasa, Khus khus, Poppy seeds, Post dana
- Potato, Aloo
- Potatos (new), Natun Alu Naya Alu
- Pothina, Mint, Podina, Pudhina
- Pottu kadalae, Gram dal
- Pudhina, Mint, Podina, Pothina
- Puha, Aval, Chira, Chiwda, Chiwra, Pauwa, Poha, Rice (beaten)
- Pukka Papita, Papaya (ripe)
- Puli, Imli, Hunase hunnu, Tamcon, Tamarind, Tetul
- Pulp, Gooda
- Pumpkin, Bhopala, Kudhu, Kumro, Lal kumro
- Pumpkin Flour, Kumro phool
- Putnaal papu, Kadalai paruppu, Cholar, Bengal gram, Channa dal, Sanaga pappu
- Puzhungal arisi, Rice (par-boiled), Ukara
- Radish, Mullangi, Horseradish, Mooli, Mulo Muli,
- Rai, Kadugu, Aavalu, Kaduku, Motti, Mustard seeds, Saasam, Sarson, Sasuve, Shorshe
- Raisin, Kaintha thratchai, Kishmish, Ona

drakshi, Sultanas

- Rajagaro, Atta, Chapathi mavu, Gehun ka atta, Gothumai mavu, Wheat flour
- Rajma, Kidney beans, Matki
- Rampe, Pandan
- Rasbary, Raspberry
- Rasthal, Mangoes (juice)
- Ratalu, Sooran, Suran, Jimikand, Kand, Yam, Zimikand
- Ravai, Cream of Wheat, Farina, Rave, Semolina, Sooji, Suji
- Ravaya, Manathakkali vthal, Biangan, Brinjal, Eggplant, Katharikai, Kathirikka, Vankayalu
- Rave, Ravai, Cream of Wheat, Farina, Semolina, Sooji, Suji
- Rice, Chaval, Chawal
- Rice (beaten), Aval, Chira, Chiwda, Chiwra, Pauwa, Poha, Puha
- Rice (cooked), Bhat Chawal
- Rice (par-boiled), Puzhungal arisi, Ukara
- Rice (popped), Khoi Khoi
- Rice (puffed), Mamra, Mudi, Muramaralu, Murmure, Paddy flakes
- Rice (uncooked), Chal Chawal, Tandulu
- Rice flour, Chawal Ka Atta, Sabeda
- Ridgegourd, Beerakaya, Todka, Torai, Jhingli, Jhinge, Turai
- Rind, Chilka
- Rock salt, Sendha Namak
- Rose water, Golaper Jal, Gulab jal
- Runner Beans, Barbati
- Sabe, Apple
- Sabeda, Rice flour, Chawal Ka Atta
- Sabji, Vegetables
- Sabudana, Javvarasi, Sago, Simla aloo, Tapioca
- Sabut masoor, Lentils (brown)

- Safed jeera, cumin seed (white)
- Safed mirch, Gol Mirich, Molaggu, Kalimirchi, Milagu, Menasu, Peppercorns
- Safed til, Gingelly seed, Sesame seeds, Ellu, Niher, Nuvvulu, Til
- Saffron, Kungumapoo, Kesar, Jafran, Chitekedu, Ungumapoo, Zaffran
- Sage, Seesti
- Sago, Javvarasi, Sabudana, Simla aloo, Tapioca
- Sahijan, Shinjan, Sejan ki phali, Sajne Danta Saijamki Phali, Seeng, Drumstick, Murungaikai, Muruggai, Sekta-ni-sing
- Saijamki Phali, Sajne Danta Shinjan, Seeng, Sejan ki phali, Drumstick, Murungaikai, Muruggai, Sahijan, Sekta-ni-sing
- Sajne Danta Shinjan, Sejan ki phali, Saijamki Phali, Seeng, Drumstick, Murungaikai, Muruggai, Sahijan, Sekta-ni-sing
- Salad Ka Patta, Kasmisaag, Lettuce
- Salad leaves, Endive, Gulsuchal
- Salt, Namak
- Sanaga pappu, Putnaal papu, Kadalai paruppu, Cholar, Bengal gram, Channa dal
- Sanchal, Black Salt, Kalla namak
- Santra, Narangi, Orange
- Sapodilla plum, Cheeko, Chikoos, Sapota
- Sapota, Cheeko, Chikoos, Sapodilla plum
- Sarkarai, Shakkar, Cheeni, Sugar
- Sarson, Kadugu, Aavalu, Kaduku, Motti, Mustard seeds, Rai, Saasam, Sasuve, Shorshe
- Sasuve, Kadugu, Aavalu, Kaduku, Motti, Mustard seeds, Rai, Saasam, Sarson, Shorshe
- Sarson Ka Tel, Mustard oil
- Sauf, Anas phal, Annisseed, Dagad phool,



Dodda jeera, Mouri, Perunjeeragam,  
Vilayati saunf  
· Saunf, Fennel, Sombu  
· Screwpine, Ittar, Keora, Kewra  
· Seeng, Drumstick, Murungaikai, Saijamki  
Phali, Sajne Danta Shinjan, Sejan ki phali,  
Muruggai, Sahijan, Sekta-ni-sing  
· Seesti, Sage  
· Sejan ki phali, Sekta-ni-sing, Sajne Danta  
Shinjan, Saijamki Phali, Seeng, Drumstick,  
Murungaikai, Muruggai, Sahijan  
· Semigae, Seviyan, Semiya, Vermicelli  
· Semiya, Seviyan, Semigae, Vermicelli  
· Semolina, Rave, Ravai, Cream of Wheat,  
Farina, Sooji, Suji  
· Senagapindi, Chickpea, Kothu kadalai  
· Sendha Namak, Rock salt  
· Serrated gourd, Chinese okra, Peerkangkai  
· Sesame oil, Gingelly  
· Sesame seeds, Ellu, Gingelly seed, Niher,  
Nuvvulu, Safed Til, Til  
· Sev, Chickpea noodles  
· Seviyan, Semigae, Semiya, Vermicelli,  
· Shaddock, Pomello, Chakotra, Grapefruit  
· Shah jeera, Cumin seeds, Kala Jeera,  
Kalojeere, Jeera, Jeeragai, Jeeragam,  
Jeerike, Jillakarra, Jilukara, Shajira, Sombu  
· Shahad, Honey, Madhu  
· Shahtoot, Shehtooth, Mulberry  
· Shajira, Cumin seeds, Kala Jeera, Kalojeere,  
Jeera, Jeeragai, Jeeragam, Jeerike, Jillakarra,  
Jilukara, Shah jeera, Sombu  
· Shakkar, Sugar, Cheeni, Chinni, Sarkarai  
· Shakarkand, Misti Alu Shakarkand, Sweet  
potato  
· Shalgam, Turnip  
· Sharifa, Sitaphal, Custard apple  
· Sarkarai, Shakkar, Sugar, Cheeni, Chinni,

· Shatwar, Asparagus, Halyan, Musli,  
Sootmooli  
· Shehtooth, Shahtoot, Mulberry  
· Shingara, Water chestnuts  
· Shinjan, Sejan ki phali, Sajne Danta  
Saijamki Phali, Seeng, Drumstick,  
Murungaikai, Muruggai, Sahijan, Sekta-ni-  
sing  
· Shorshe, Aavalu Kadugu, Kaduku, Motti,  
Mustard seeds, Rai, Sarson, Sasuve, Saasam  
· Shoyu, Soy sauce  
· Shukhno lonka, Mirchi, Mirsaang, Chillis  
(dried red), Kaindh milagai, Lal mirchi,  
Pepper (red chili), Vutral milagai  
· Shunti, Adrak, Ginger, Inji, Sonter sukku,  
Soonth, Sukku podi  
· Simla aloo, Javvarasi, Sabudana, Sago,  
Tapioca  
· Simla mirch, Pepper (bell)  
· Singhade Ka Atta, Water chestnut flour  
· Siriphal, Bael, Bel, Bengal quince, Stone  
apple  
· Sirka, Vinegar  
· Sitaphal, Custard apple, Sharifa  
· Siya jeeram, Caraway  
· Snake Gourd, Padavallanga, Padaval,  
Chundakka, Chirchira, Chachinda  
· Snap melon, Phoot  
· Soa Sag, Suvabhaji, Dill weed  
· Soda bicarbonate, Baking Soda, Pakane  
wala,  
· Sodium Benzonate, Papad Khar  
· Sombu, Cumin seeds, Kala Jeera,  
Kalojeere, Jeera, Jeeragai, Jeeragam,  
Jeerike, Jillakarra, Jilukara, Shajira, Shah  
jeera  
· Sonter sukku, Adrak, Ginger, Inji, Shunti,  
Soonth, Sukku podi

- Sooji, Suji, Cream of Wheat, Farina, Ravai, Rave, Semolina,
- Soonth, Adrak, Ginger, Inji, Shunti, Sonter sukku, Sukku podi
- Sooraj-mukhi, Sunflower
- Sooran, Suran, Yam, Kand, Jimikand, Ratalu, Zimikand
- Sootmooli, Asparagus, Shatwar, Halyan, Musli
- Sorakaaya, Bottlegourd, Doodhi, Lauki, Opo squash, Suraikai
- Sorghum, Barley, Jau, Jowar
- Sorrel (red), Chukka bhaji
- Soya bean, Bhatma
- Soy sauce, Shoyu
- Soyee, Coconut, Copra, Kobbari, Kopra, Nariyal, Narkol Nariyal
- Spinach, Palak, Palong Sag
- Split Peas, Mar dal, Mator dal
- Star Anise, Anniseed, Anas phal, Badiyan Chakriphool , Dagad phool, Dodda jeera, Mouri, Perunjeeragam, Sauf, Vilayati saunf
- Star fruit, Carombola, Kamrakh
- Stone apple, Bael, Bel, Bengal quince, Siriphal
- Subja, Basil seeds
- Sugar, Cheeni, Chinni, Sarkarai, Shakkar
- Sugar Cane, Ganna
- Sugar syrup, Chashni
- Suji, Cream of Wheat, Farina, Ravai, Rave, Semolina, Sooji
- Sukha Nariyal, Coconut (dessicated)
- Sukku podi, Soonth, Adrak, Ginger, Inji, Shunti, Sonter sukku
- Sultanas, Raisin, Kishmish, Kaintha thratchai, Ona drakshi
- Sumac, Kankrasringi
- Sun cakes, Bari, Bori

- Sunflower, Sooraj-mukhi
- Sunflower seeds, Chironji
- Suraikai, Bottlegourd, Doodhi, Lauki, Opo squash, Sorakaaya
- Suran, Sooran, Jimikand, Kand, Ratalu, Yam, Zimikand
- Surti papdi, Fansi, French green beans
- Suvabhaji, Soa Sag, Dill weed
- Sweet gourd, Ghia
- Sweet lime, Mosambi
- Sweet potato, Misti Alu Shakarkand, Shakarkand
- Tamarind, Hunase hunnu, Imli, Puli, Tamcon, Tetul
- Tamcon, Hunase hunnu, Imli, Puli, Tamarind, Tetul
- Tandulu, Chal Chawal, Rice (uncooked)
- Tangerine, Keenu
- Tangerine peel (sundried), Oranguthol vatral
- Tapioca, Javvarasi, Sabudana, Sago, Simla aloo
- Tarbooj, Bachung, Kalingad, Watermelon
- Taro, Alu Pan, Arvi, Patra, Kochu
- Tartrii, Nimbu sat, Citric Acid
- Tej, Bay leaf, Birinji ilai, Tejpatta, Tez patta, Tuj patta
- Tejpatta, Bay leaf, Birinji ilai, Tej, Tez patta, Tuj patta
- Tel, Oil
- Tendlis, Dondakaya, Dondakaaya, Dondakayalu, Gentleman's Toes, Gherkin pickles, Goli, Ivy Gourd, Kovaikai, Kunthroo, Tinda,
- Tindla, Tindora pickle, Tondli
- Tetul, Hunase hunnu, Imli, Puli, Tamcon, Tamarind
- Tez patta, Bay leaf, Birinji ilai, Tej, Tejpatta,

Tuj patta

- Thick milk (reduced), Kheer, Ksir
- Thoor dal, Thuvaram paruppu, Yellow split peas
- Thor, Banana pith, Thora gahar
- Thora gahar, Thor, Banana pith
- Thuvaram paruppu, Thoor dal, Yellow split peas
- Thyme, Hasha
- Tikora, Arrowroot, Paniphal
- Til, Ellu, Gingelly seed, Niher, Nuvvulu, Safed Til, Sesame seeds
- Timur, Pepper, Szchewan
- Tinda, Tindla, Tindora pickle, Tondli
- Tendlis, Dondakaya, Dondakaaya, Dondakayalu, Gentleman's Toes, Gherkin pickles,
- Goli, Ivy Gourd, Kovaikai, Kunthroo
- Toasts, Pavs
- Todka, Torai, Turai, Jhinge, Jhingli, Beerakaya, Ridgegourd
- Tomato, Tomatar
- Tonovin, Angoor, Grapes
- Torai, Todka, Turai, Jhinge, Jhingli, Beerakaya, Ridgegourd
- Tori, Zucchini, Courgettes
- Tuj, Cinnamon, Dalchini, Lavanga pattai, Pattai
- Tuj patta, Bay leaf, Birinji ilai, Tej, Tez patta, Tejpatta
- Turai, Torai, Todka, Beerakaya, Jhinge, Ridgegourd
- Turnip, Shalgam
- Turmeric, Haldi, Harasina pudu, Holud, Manjal, Manjal podi
- Uchche, Bittergourd, Bitter melon, Kaakara kayalu, Kerala
- Ukara, Puzhungal arisi, Rice (par-boiled)

- Ulundhu, Black gram, Kalai dal, Minapappu, Urad dal
- Ungumapoo, Saffron, Kungumapoo, Kesar, Jafran, Chitekedu, Zaffran
- Urad dal, Black gram, Kalai dal, Minapappu, Ulundhu
- Vaazhai Thandu, Banana tree stem
- Vadu maangaai, Mangos (unripe baby)
- Vaal, Field beans
- Vamu, Cilantro, Coriander leaves, Dhania, Dhane, Hara dhania, Kothamalli, Kothumbari soppu, Kotthimeera
- Vankayalu, Biangan, Brinjal, Eggplant, Katharikai, Kathirikka, Manathakkali vthal, Ravaya
- Van tulsu, Ban, Marjoram
- Vatra milagai, Mirchi, Mirsaang, Chillis (dried red), Kaindha milagai, Lal mirchi, Pepper (red chili), Shukhno lonka
- Vegetables, Sabji
- Vellam, Bella, Bellam, Gur, Jaggery
- Vendaikai, Vendaikkai, Bamia, Bhindi, Dharosh Bhindi, Ladyfinger, Okra
- Vendhayam, Venthayam, Fenugreek seeds, Methi, Methi daana, Menthiyam
- Verkadalai, Groundnut, Moongphali, Nella kadala, Nilakadalai, Peanuts, Veru senaga pappu
- Vermicelli, Semiya, Semigae, Seviyan
- Veru senaga pappu, Groundnut, Moongphali, Nella kadala, Nilakadalai, Peanuts, Verkadalai
- Vinegar, Sirka
- Walnut, Akhrote, Akroot
- Water, Pani
- Water chestnuts, Shingara
- Water chestnut flour, Singhade Ka Atta
- Watermelon, Bachung, Kalingad, Tarbooj

- Wheat flour, Atta, Chapathi mavu, Gehun ka atta, Gothumai mavu, Rajagaro
- Wheat (broken) Dalia, Gram (puffed), Lapsi
- Whey, Phate Doodh ka Pani
- White bread, Laddi Pavs
- White melon seeds, Kharbuje ki giri
- Woodapple, Kaith
- Yam, Kand, Jimikand, Ratalu, Sooran, Suran, Zimikand
- Yeast, Khameer
- Yelakkai, Cardamom, Elaichi, Ellakki

- Yellow split peas, Thoor dal, Thuvaram paruppu
- Yoghurt, Curd, Dahi, Kammati perugu
- Yucca, Cassava, Mogo, Mandioca
- Zaffran, Ungumapoo, Saffron, Kungumapoo, Kesar, Jafran, Chitekedu
- Zaiphal, Jayfal, Joiphol, Nutmeg
- Zetoon, Zaitoon, Jaitun, Olives,
- Zizyphus, Ber, Bor, Green berry
- Zucchini, Courgettes, Tori

## Indian Pickles & Chutneys

Foreword

Postscript

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### **Indian Pickle**

Pickles form an integral part of an Indian meal. Seasonal vegetables and fruits are cleaned and finely chopped, mixed with a specific blend of ground spices, and preserved in a variety of edible oils or in lemon juice. It is the choice of spices that gives Indian pickle its unique flavour. In India pickles are made in the summer when its exposure to the hot sun allows *achar* (pickle) to mature for at least two to three weeks before its use.

Indian pickles or *achar* are generally made from a large variety of fruits and vegetables and preserved with salt, spices, vinegar and oil. Some provinces of India specialize in pickling meats



and fish. Generally pickles are made with carrot, cauliflower, eggplant, turnip, mango, lime, lemon, onion, garlic, ginger, pumpkin, green chillies, kohlrabi, bitter melon and even mushroom.

Indian pickles are served as a variety of spicy pickled side dishes or condiment popular in the Indian subcontinent in Southeast Asia, and in many other areas among ethnically South Asian communities. The pickle serves as a flavour enhancer and is eaten typically in small pieces with the rest of the meal. There are a wide variety of different pickles made.

Indian pickles are made differently in different parts of India. While Southern India prefers sesame oil, Northern and Western India prefer mustard oil as a preservative. Northerners and Bengalis call the finished product *achar* while Southerners call it *uppinakayi* in Kannada); *pachchadi* in Telegu and *oorugai* in Tamil country. Marathis call pickle *loncha* while Gujaratis say *athanu* but the Burmese call the condiment *thayet thi thanat*

Tamil Nadu has a unique mango pickle, *maavadu*. It is made early during the summer season when mangoes are young and barely an inch long and are preserved in castor oil. Another pickle specialty from Tamil Nadu is *narthangai*. Once again they use unripe limes cut into spirals and stuffed with salt to make a special pickle.

In Karnataka the whole mango pickle is preserved by dehydrating it first in salt. Varieties of pickled mango found in Gujarati households include salted mango pickle with *methi* or fenugreek and red chilli powder in peanut oil. They have spicy hot sweet and sour mango pickle as well a variety of chutneys to suit every taste. Specialty ingredients call for fennel, dry dates, mustard, and jaggery (*gur*). Sugar syrup, cumin, and chilli powder are used in varying proportions to make sweet pickle with grated as well as chopped vegetable.

Although pickles form an integral part of an Indian meal, it is the choice of spices that gives each Indian pickle its unique flavour. They definitely add an extra dimension to meals. Unlike the classic American dill pickle, Indian pickles embody all varieties of taste - fiery, sweet, sour, pungent, bitter, and salty and they are definitely alive and ready to explode the taste buds. Unlike the American condiment and preserves, Indian pickles are usually not refrigerated.

This collection of quick and easy Indian recipes is for you to enjoy or share with your friends and family. No matter what type of Indian food you are cooking you will find something interesting each time. After all, Indian cuisine boasts of having started pickling right here in India!

### **Cucumbers from India starts Science of Pickling**

Of course, we all know pickles began with cucumbers and this cool cucumber took birth in India, in the calmly composed land of Antiquity. The history of pickles stretches so far back into

ancient times that no definite time has been established for their origin, but they are estimated to be over 4,000 years old.

In 2030 BC cucumbers that are native to India were brought to the Tigris Valley. There, they were first preserved and eaten as pickles. Cucumbers are mentioned at least twice in the Bible (Numbers 11:5 and Isaiah 1:8) and history records their use over 3000 years ago in Western Asia, ancient Egypt and Greece. In 850 BC Aristotle praised the healing effects of cured cucumbers and it is said Cleopatra attributed her beauty to pickles -- though we are not certain if she really said this.

Pliny's writings mention spiced and preserved cucumbers, meaning pickles. It is said the Roman Emperor Tiberius consumed pickles daily. Julius Caesar was convinced pickles had enlivening effects and urged his legions to indulge themselves in the delicacy. The enjoyment of pickles spread so far and wide through Europe that in the thirteenth century AD it is said pickles were served as a main dish at the Feast of King John.

Supposedly pickles were taken to the New World by Christopher Columbus, and were grown by him on the island of Haiti. In the sixteenth century, the Dutch fine food fanciers cultivated pickles as one of their prized delicacies. When Cartier found cucumbers growing in Canada in 1535 AD he discovered they were already known to the colonialists of Virginia as early as 1609. Queen Elizabeth I liked pickles and Napoleon valued pickles as a health asset for his armies. Samuel Pepy's diary mentions a glass of Girkins juice as something to be highly appreciated.

In 1659, Dutch farmers in New York grew cucumbers in what is now Brooklyn. These 'cukes' were sold to dealers who cured them in salt water barrels and put them in the neighbourhood bazaars from market stalls of Washington, Canal and Fulton Streets. As it turns out, these pickle purveyors started the nation's commercial pickle industry. It is therefore understandable a fondness for pickles has always been a national characteristic of the American people.

In the 19th century, people pickled their own or bought them in bulk from barrels in the grocery store. Pickles were kept on the dining table in glass or ceramic preserve castors. Cucumbers pickle jars were as much a tabletop feature as was a pair of tongs hanging from its handle as were salt and pepper shakers.

Through time, cucumbers acquired a traditional flair. The custom of hanging a pickle as the last ornament on the tree developed. The first child to spot the partially hidden pickle on Christmas morning receives a special gift. And it all started in the Land of Antiquity?

All this makes a great story linking India with North America's namesake, Amerigo Vespucci who was a pickle peddler in Seville of Spain. He supplied ships with pickled vegetables to prevent sailors from getting scurvy on long voyages. While Columbus is credited with discovering America, Vespucci was apparently who United States of America was named after. George Washington was a pickle enthusiast as were John Adams and Dolly Madison. But it is pickles that inspired Thomas Jefferson to write the following:

"On a hot day in Virginia, I know nothing more comforting than a fine spiced pickle, brought up trout-like from the sparkling depths of the aromatic jar below the stairs of Aunt Sally's cellar."

### **Make Pickles Sweet Sour and Spicy**

Spicy pickles are an important item in Indian meals. Pickles enhance the taste of any meal and therefore are said to boost contentment. Pickles are easy to make with the right ingredient and they keep their flavours for months. Grandchildren insisted the author describe these mouth watering homemade pickle recipes for posterity. Over the years they consumed these different pickles every few weeks or months. These pickles and chutneys ranging from spicy to sweet and soft to crispy have been perfect partners for a well made meal by all family members as 'perkier-upper' for a not so perfect spreads also.

Delicious pickles takes time and effort to make but the results are well worth it. Traditionally, the pickle is kept out in the sun for 20-30 days to 'cook'. Each day it is given a good stir, covered and placed in a sunny spot and then brought indoors at dusk. The sun makes the sugar content syrupy. Because most in the West lack the time and the luxury of the hot scorching sun, here are quick less time consuming versions of many family favourite recipes.

Some of the world's most tasty cuisines come from India. Ingredients that were once sold in only the Indian shops are now readily available the shelves of any grocery store. Changes in lifestyle are due to international travel and a nation's endorsement of tourism. It is often difficult to recreate that authentic taste in your own kitchen. On balance no chef exposes his or her trade secrets which give their dish that added thrust. Nonetheless these detailed recipes have secrets subtly added in the ingredients. Recreation of the dishes should therefore impress all. The preparations of grinding, marinating and careful sautéing are secrets that must not be discounted – that are the undisclosed ingredient of tasty end products.

Indian food is as diverse as its culture and its climate. The essence of good Indian cooking revolves around the appropriate use of aromatic Indian spices. The skill lies in the subtle blending of a variety of spices to enhance the basic flavor of a particular dish.

The Goans from western India are experts at pickling different types of meat and fish. A few a simple recipes from a now deceased favourite friend and sister-in-law are included for posterity. They taste great with boiled rice

Indian cooking is as vibrant as it is varied - from pavement snacks to palace feasts, it's one of the world's great cuisines. Once you get the hang of it, you'll be surprised how easy it is to make.

Sneh Chakraburttty

2010

## 1. Ambate Pickle (Wild Goose Plum)

### Ingredients:

2kg Ambate (Wild green goose plum)  
200 gm Mustard powder  
¼ tsp Asafoetida  
½ kg Chilli powder  
½ kg Salt

### Method:

Wash and clean the green plums – split them lengthwise into two. Leave them to dry on a clean cloth.

Mix salt and pack them in a porcelain or glass jar.

Combine mustard and chilli powder, asafoetida and salt. Add to the green plum and shake thoroughly. Ensure the jar is airtight and shake daily.

Ambate pickle is ready to eat in one week.

## 2. Bitter Gourd (Karela) Pickle

### Ingredients:

¼ kg bitter gourd (small variety)  
2 tbsp saunf (aniseed)  
2 tbsp red chilli powder  
1 tsp asafoetida  
salt to taste  
1 tbsp turmeric powder  
2 tbsp dried mango powder  
¼ tsp citric acid  
¼ tsp garam masala  
1 tbsp coarsely crushed coriander seeds  
2 tbsp coarsely crushed mustard seeds  
250 gm oil

### Method:

Peel and apply turmeric and salt to bitter gourds.

Keep aside for half an hour.

Place 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 and coriander seeds.

Remove from fire. Add all the remaining ingredients and mix well.

Cool and stuff karela with the mixture (masala). Tie each securely with cotton string. Arrange them in a glass or pickle jar.  
Heat (warm) remaining oil in a pan; Add a few pinches citric acid and 1/3<sup>rd</sup> tsp salt. Pour over the gourds.  
Allow to tenderise for 3-4 days more.  
Serve with meal after removing string.

### 3. Brinjal or Eggplant Pickle

#### Ingredients:

1 kg brinjal or aubergines/eggplant  
¾ cup oil  
12 large cloves of garlic  
2 inch piece of ginger  
1½ cups sugar  
2 tbsp salt  
2 tbsp chili powder  
2 tsp cumin seeds  
¼ tsp mustard seeds  
1 tsp fenugreek (methi) seeds  
1 tsp turmeric (haldi) powder  
2 cups vinegar

#### Method:

Wash and cut the brinjals into 1 inch pieces and deep fry the pieces.  
Peel and chop the ginger and garlic coarsely.  
Soak the spices in vinegar for one hour and then grind them.  
Heat oil in a pan and sauté the root spices (ginger and garlic).  
Add the sugar, salt, and brinjal. Stir gently and bottle it.  
As an alternative cook the uncooked brinjal pieces with the ground mixture until thickened.  
Fill and vacuum pack jars.

### 4. Cabbage Pickle Recipe

#### Ingredients:

½ of small size cabbage chopped into small pieces  
6 red chillies  
Small golf sized ball of tamarind  
1 ½ tsp cumin seeds  
2 ½ tsp urad dal  
1 pinch asafoetida  
½ tsp turmeric a pinch (optional)  
1 tsp Salt or to taste

2 tsp oil

**Method:**

Gently dry roast red chillies, urad dal, cumin seeds and asafoetida in a pan.

Powder the roasted the spices and set aside.

Place oil in a pan and sauté chopped cabbage for 5 mins.

Add salt and soaked tamarind and fry until cabbage turns light brown and the water dries up.

Mix in the turmeric.

Stir in the powdered roasted spices.

It is ready to serve as a new freshly made salad.

## 5. Cauliflower Pickle Recipe

**Ingredients:**

2 medium-sized cauliflower

4 limes or lemon

2 ½ tbsp oil

Salt to taste or as required

1 tsp chilli powder or as required

1 ½ tsp fenugreek powder

¼ tsp mustard seeds

1/8<sup>th</sup> tsp asafoetida powder

**Method:**

Cut up cauliflower into small flowerets, wash and keep immersed in salted water for 10 minutes. Drain off the water.

Spread florets on a towel to remove excess moisture.

Heat oil in a deep wok and sauté mustard seeds until they start popping; add asafoetida and then cauliflower pieces.

Stir fry for 2 to 3 minutes and add salt, chilli powder; sauté for another one minute.

Turn off the heat. Just before removing off the flames, stir in the fenugreek powder.

Sprinkle in lemon juice and mix well. Bottle and store in cool place or refrigerator.

## 6. Chhurpi ka Achar Recipe

Dudh Chhurpi is chewy milk based ultra hard chewy cheese eaten especially by the Sherpa in Eastern Himalayas. A softer variety is churned out of dahi (yoghurt) churned in a bamboo vessel. The butter milk is then boiled and filtered through a muslin cloth. The coagulum (paneer) is kept under weight for several hours to give a soft variety of cheese. Chhurpi keeps for 5-6 days.

**Ingredients:**

250 gms Chhurpi  
1 cup sliced or chopped radish or cucumber  
½ cup chopped onion  
8 finely chopped green chillies  
1 tsp mustard oil  
1 tbsp salt

**Method:**

Mix all the above mentioned ingredients thoroughly in a large bowl.  
Serve with rice or roti.

## 7. Chilly and Ginger Pickle

**Ingredients:**

100 gms green chillies  
100 gms ginger  
100 gms tamarind  
2 tsp mustard seeds  
25 gm fried and ground up fenugreek seeds  
2 sprigs curry leaves  
½ tsp salt or to taste  
1 tsp turmeric powder  
100mls cooking oil  
100gms jaggery

**Method:**

**Boil tamarind in ½ cup water; extract tamarind pulp and set aside.**

Chop chilly and ginger into tiny pieces

Heat oil in tawa or griddle pan. When oil smokes sauté mustard seeds and curry leaves.

Add chopped ginger/chili and stir fry for a few minutes.

Now add tamarind extract with salt and turmeric and simmer for about 10 minutes on a low flame.

Once cooked, add the jaggery and fenugreek powder; keep on stirring for another 5 minutes.

Once the oil starts separating from the mixture this pickle is ready for bottling.

This pickle keeps for 6 months.

## 8. Classic Mixed Pickles Recipe

**Ingredients :**

4 quarts sliced cucumbers



6 sliced onions  
2 chopped peppers  
4 cloves of garlic  
1/3<sup>rd</sup> salt  
5 cups white sugar  
1 ½ tsp turmeric  
2 tbsp celery seed  
2 tbsp mustard seed  
3 cups vinegar  
ice cubes

**Method:**

Slice unpeeled cucumbers. They should measure four quarts after they are sliced.  
Mix with sliced onions, peppers, cloves of garlic cloves and cucumbers – mix with ice and allow standing for three hours.  
Drain all excess water from the chopped vegetable mix.  
Mix remaining ingredients in a separate bowl and stir in the vegetables.  
In a large pot bring the vegetable/vinegar mix combination to a boil.  
Immediately fill sterilized jars and vacuum pack hot jars.  
This is Gujarati instant Athanu or pickle mix. It is a must have in all the Gujarati pantries. The recipes differ from family to family. You can make yearly pickle or one time use pickle by this amazing mixture. Since it already has salt in it, sometimes, it is also eaten like a dry chutney or adding little oil or plain yogurt to make impromptu wet chutney.  
This is my mom-in-law's recipe. She sends me the pickle masala, so the picture above, is of her pickle masala.

## 9. Classic Gujarati Sambhaar/Pickle Masala

**Ingredients:**

2 cups rai Kuriya (coarsely ground mustard seeds)  
1 cup methi Kuriya (Coarsely ground fenugreek seeds)  
¼ cup whole black peppercorn  
2 cups coarse chili powder  
1 tsp asafoetida  
1 tsp turmeric powder  
2 cups oil  
1 ½ cup salt

**Method:**

Heat oil in a kadai/wok to the boiling point and then allow it to cool  
Mix in all the remaining ingredients in the fully cooled oil.

Store pickle masala in an air-tight container.

Careful you do not add ingredients when the oil is hot. It will turn black and demolish the masala.

**Use this masala for any impromptu pickle making.**

## 10. Making Sugar Syrup

Sugar syrup is used in a lot of Indian sweets, desserts and even some pickles require sugar syrup in varying consistencies. Terms like one- or two-thread consistency are often used because the use of a candy making thermometer is uncommon in Indian homes. This a simple and effective technique used instead.

### Ingredients:

2 cups sugar  
1½ cup water

### Preparation:

Mix the sugar and water in a heavy-bottomed pan and bring it slowly to boil on a medium flame.

When the sugar is all dissolved and allowed to boil a froth forms on the surface – skim this off with a tea strainer.

Put back sugar to continue boiling.

Keep testing the syrup for its stability by dipping a wooden spatula into the syrup and allowing the drip to cool. With a clean index finger and thumb lift a drop of the cooled syrup and separate the fingers to check for syrup of many strands.

Half-thread consistency is syrup of single thread which breaks when the digits are separated.

One-thread consistency syrup does not break when the fingers are pulled separated.

In two-thread consistency the two syrup threads do not break when the fingers are drawn apart. This stage is the 'soft ball stage' - a drop of this syrup forms a soft ball when dropped in cold water. Three-thread consistency syrup is called the 'hard ball stage' - when a drop of syrup in cold water.

## 11. Crushed Lemon & Lime Pickle Recipe

### Ingredients:

12 ripe healthy lemons  
350 gms sugar  
3 tsp. red chili powder  
½ tsp cumin seeds  
½ tsp methi seeds  
½ tsp sesame seeds  
1/8<sup>th</sup> tsp asafoetida

½ tsp turmeric powder  
1 tbsp salt

**Method :**

Quarter lemons and remove all seeds.  
Coarsely grind sugar with lime pieces into coarse pieces.  
Place in a bowl and combine in the remaining ingredients - mix well.  
Place the mixture in wide mouthed pickling jars.  
Tie mouth of jars with a clean dry muslin cloth.  
Set it under the hot sun, each day for at least 4-5 days or place in oven at 150 degrees.  
Check for complete sugar melting.  
Seal the jars tightly and store in cool dry place.

## 12. Date Pickle Recipe

**Ingredients:**

500 gm dates  
½ cup red chilli powder  
½ cup garlic paste  
½ cup ginger paste  
1 tsp salt or to taste  
5 tsp Oil

**Method:**

Soak the dates in water for a week in the refrigerator, or until the dates are soft.  
Remove the seeds from the dates and drain excess water.  
In a pan heat oil and sauté garlic, ginger, red chilli powder and salt.  
Add the date paste and cook for 5 min before placing it in a jar.

## 13. Drumstick Pickles

**Ingredients:**

15 drumsticks  
1 tsp methi  
3 tsp mustard seed  
20 dry red chili  
¼ tsp asafetida  
1 tbsp turmeric  
100gms tamarind  
2 tbsp vinegar  
3 garlic pods – peeled

3 tbsp salt  
1 cup cooking oil  
2 tbsp sesame oil

**Method:**

Lightly scrape drumsticks and cut into desired size pieces before steaming them for 5 minute.

Grind together methi, mustard seed, chilies and tamarind to make a paste.

Heat cooking oil and sauté the remaining ingredients;

Mix in the steamed drumsticks and cook on low heat for 5 minutes.

Cool the mixture and add vinegar and sesame oil before bottling in clean jars.

It is ready for serving after 3 days.

## 14. Garlic Cucumber Pickle Recipe

**Ingredients:**

6 ounces or 180gm of salt  
1 litre boiled water  
1 litre white vinegar  
bunch of fresh dill weed  
20 medium sized cucumbers  
4 tsp pickling spice  
12 cloves of garlic  
4 hot peppers (chili)

**Method :**

Mix salt and water to make brine.

Cover the bottoms of four one-quart jars with fresh dill weed.

Pack cucumbers into each jar.

Add 3 teaspoons of pickling spice, 3 cloves of garlic and one hot pepper to each jar.

Cover contents of jars with brine.

Let pickles stand at room temperature for 7-10 days before using.

## 15. Gherkin Pickle Recipe

**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:**

After heating oil – set aside to cool.  
Wash and dry gherkins and slice them lengthwise into quarters.  
Layer the gherkins in a jar and sprinkle with salt.  
Set aside for 24 hours.  
Drain the salty liquid and wash gherkins with running cold water.  
Wipe them dry on a clean cloth and place in bowl.  
Mix grated raw mango or powder with rest of the spice mixture.  
Add gherkins and mix thoroughly.  
Add half of the oil and mix again.  
Pack spiced gherkins in sterile jar and cover them with the remaining oil.  
Cover jars with lids and set aside for 3-4 days before using.

## 16. Ginger Garlic Mango Pickle Recipe

**Ingredients:**

1 kg green mango cut into pieces  
¼ kg ginger garlic paste  
¼ kg salt  
¼ kg red chili powder  
¼ kg til /sesame oil  
½ tsp each of rai, jeera and methi

**Method:**

Cut up mango into pieces the size of a quarter lemons, wash and set aside to dry.  
Place the ginger garlic paste in a big vessel with the mango pieces, salt, red chili powder and mix well.  
In a kadai or wok heat 100 gm oil and sauté ½ tsp rai; ½ tsp jeera; and ½ tsp methi seeds.  
As soon as spice seeds start sputtering, remove and set aside to cool.  
Now mix all ingredients in the bowl except the oil and fill the pickling jars.  
Heat the wok once more and place the remaining 400 gm of oil – heat until it smokes and then set aside to cool.  
Fill with jars with the mango pieces/spice with the cooled oil.  
Seal jars with lids and set aside for several days before using.

## 17. Ginger Pickle Recipe

**Ingredients:**

2 cups ginger-shredded fine

½ cup sugar  
2 tbsp salt to taste  
¼ cup lemon juice  
1 tbsp chilli powder or to taste  
1 tsp asafoetida powder

**Method:**

Mix all the ingredients and cook over high heat.  
Bring mixture to a boil and simmer for one minute.  
Bottle in vacuum packed clean jars.

### 18. Gongura or Sorrel Leaf Pickle

**Ingredients:**

4 bunches of gongura leaves  
2 ½ tsp sesame seeds  
2 ½ tsp urad dal  
1 tsp fenugreek seeds  
1 tsp each cumin and coriander seeds  
6 dry red chillies  
2 tbsp cooking oil  
4 green chillies

**Method:**

Take apart gongura leaves from the bunch and wash them. Next stir fry them with green chillies in oil till they are tender. Grind them to a paste.  
Roast sesame seeds, urad dal, cumin seeds, fenugreek seeds, coriander seeds and dry red chillies and allow cooling before grinding them to powder.  
Mix the dry powder, with salt to taste and gongura-green chilli paste and mix well.

**For seasoning:**

Heat 1 tbsp oil in a pan and splutter mustard seeds before adding ½ tsp chana dal and urad dal each with 1-2 dry red chillies.  
Let dals turn golden brown in colour and mix with gongura leaf pickle.  
Bottle mixture in pickle bottles and store in fridge.

### 19. Gooseberry (Indian) or Amla Pickle Recipe

**Ingredients:**

4 cups amla or Indian Gooseberries

1 cup salt  
1 cup chilli powder  
¼ cup Oil  
½ tsp mustard Seeds  
6 Limes  
½ tbsp turmeric powder

**Dry roast and powder:**

½ tsp fenugreek  
½ tsp cumin seeds

**Method:**

Steam cook gooseberries in pressure cooker till first steam.  
Cool amla and remove inner seed and flake the fruit.  
Mix with salt, turmeric, chili powder and lemon juice.  
Heat oil, sauté mustard seeds and when it splitters remove from fire.  
Cool the oil and mix with rest of ingredients before bottling.

## 20. Green Chili Pickle Recipe

**Ingredients:**

1 kg green chilies - chopped  
1 cup salt  
½ kg mustard oil  
1 tbsp red chili powder  
1 tbsp turmeric powder  
200 gm ginger - finely ground  
250 gm garlic - finely ground  
100 gm cumin seeds - roasted and ground  
200 gm large mustard seeds - roasted and ground  
1 cup sugar  
200 gm tamarind  
3 cups of white vinegar

**Method:**

Marinate the chilies in salt for at least two hours.  
Soak the tamarind in the vinegar for at least two hours and extract the pulp.  
In a large vessel heat the mustard oil and add red chili powder and turmeric powder.  
Add the ginger and garlic and mix well.  
While continued gentle stirring mix in the cumin powder and mustard powder.  
Pour the tamarind-vinegar pulp and mix well.  
Add sugar and cook on low heat for some time.  
Lastly add the chopped chilies and cook for 10 minutes on low heat.

Bottle when the oil separates.

## 21. Gunda (Indian Olive or Gumberry) Pickle

### Ingredients:

500 gms gunda  
Oil as required  
¼ cup salt  
½ cup turmeric powder  
½ cup fenugreek seeds coarsely ground  
¼ tsp asafetida  
¼ cup mustard seeds coarsely grounded  
150 gms mango pieces  
¼ cup red chili powder

### Method:

Slit the gunda and scrape out seeds with a salted knife.  
Mix in a little salt and turmeric powder.  
Wash the mangoes, cut them in cubes (without seeds) and dry the fruit.  
Mix all the spice ingredients - fenugreek, mustard and turmeric powders.  
Heat 2 cups oil in a pan and then set it aside to lukewarm.  
Pour oil over the spice powders and mix well.  
Heat slightly to sterilize salt and chili powder in a dry pot on low heat;  
Mix into ingredients of the oil masala.  
Mix in the gunda and the mango pieces cubes until well coated with the masala.  
Fill in dry sterilized jars and set it aside for 4 to 5 days without mixing.  
Heat up enough oil to completely cover the pickled gunda and mango cubes.  
Vacuum seal the mix in the jar.  
The pickle will be ready to serve in about a week.

## 22. Green Tomato Pickle

### Ingredients :

500gm green tomatoes(Red ones may be used)  
15-20 red chilies  
1 cup chopped ginger  
1 cup chopped garlic  
2 cups vinegar  
1 tsp turmeric  
1 tbsp mustard seeds  
1 tsp fenugreek



1½ cups oil  
Salt to taste

**Method :**

Slice the tomatoes, smear with turmeric and salt and marinate in 1 cup vinegar. Leave for about 2 hours.

Blend together the garlic, ginger, red chilies and ¾ of the mustard, with a little vinegar.

Heat the oil and sauté the remaining mustard seeds.

Once the mustard pops and crackles, add the fenugreek;

Fry for 2 minutes and then add the blended mixture and fry well for 10 minutes.

Add the tomatoes and the remaining vinegar.

Stir continuously as the mixture comes to a boil.

The pickle is done when oil begins to float to the surface.

Pack in sterilized jars and loosely place lids.

Allow the air to escape while pickle cools and tighten covers of now vacuum packed pickles that are good for a year.

### **23. Kadumanga Pickle Recipe**

**Ingredients:**

6 unripe mangoes (kadumanga)  
3 tbsp chilli powder  
½ tsp turmeric powder  
1 tbsp salt  
250 gm gingelly or sesame seed oil  
1 tsp fenugreek powder  
½ tsp asafoetida powder  
250 gms vinegar  
1 bunch curry leaves  
1 tsp mustard seeds

**Method**

Cut the washed mangoes into small cubes.

Heat oil in a pan;

Splutter the mustard seeds and fry the curry leaves.

Add the mangoes, chilli powder, turmeric, salt and enough vinegar. Mix well

Bring all to boil and mix in the fenugreek and asafoetida powder.

Bottle quickly in airtight containers and allow to cool.

## 24. Lemon Pickle – Instant Recipe

### Ingredients:

12 Lemon  
2 tbsp salt  
2 tbsp chilli powder  
1 tbsp oil  
½ tsp turmeric powder  
½ tsp mustard seeds

### Method:

Boil and place lemons in it in a covered vessel for 10 minutes.  
Strain water completely and cut lemons into small pieces.  
Add salt and turmeric powder.  
Add 1 cup water and cook for few minutes.  
Remove from fire and set aside to cool.  
Heat oil separately and sauté mustard seeds; when it splutters, remove from fire.  
Add to the lemon and chilli powder and mix well before bottling.  
Pickle stays excellent for 2-3 weeks.

## 25. Lime Pickle Recipe

### Ingredients:

20 limes cut into quarters  
½ cup rock salt  
1 tsp turmeric  
100 gm chilli powder  
25 gms ginger slices  
20 green chillies sliced lengthwise  
1 tsp fenugreek (methi) seeds  
1 tsp aniseed (saunf)  
½ tsp onion (kalonji) seeds  
2 tbsp oil  
1 tbsp sugar  
½ tsp asafoetida

### Method:

Put chopped lime pieces in a large pickle jar. Add salt and turmeric.  
Shake jar to coat all pieces.  
Add ginger and green chilli to lime pieces and shake again to mix.  
Keep aside for 4-5 days till lime becomes softer.  
Heat oil, add asafoetida. Allow to cool.  
Crush aniseed and fenugreek coarsely and add to the lime/chilli pieces.

Mix well and allow 2 days to ferment before eating.  
Pickle preserves well 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.

## 26. Lime Thokku Recipe

**Ingredients:**

10 limes  
75 gm sesame oil  
½ tbsp fenugreek powder  
25 dry red chillies  
¼ tsp turmeric powder  
A pinch of asafoetida  
Salt to taste  
¼ tsp mustard seeds

**Method:**

Wash and dry the limes.  
Remove most seeds while cutting limes into 1/8<sup>th</sup> pieces.  
Add salt and mix well daily for the next 6 days.  
When the colour changes grind limes into a smooth paste.  
Roast the dry chillies with asafoetida powder.  
Heat oil in a pan and sauté mustard and when it splutters add the ground lime, chilli powder, turmeric powder and stir it for 15 minutes before bottling in jars.  
This chutney/pickle goes well with rice.

## 27. Mavadu (Tender Mango Pickle) Recipe

**Ingredients:**

8 cups smallest even sized green mangoes (mavadu)  
1 cup salt  
1 cup dry red chillies  
3 tbsp castor oil  
3 tsp turmeric powder  
2 tbsp mustard seeds

**Method:**

Make a paste by grinding together turmeric and mustard seeds with a little water.  
Wash mavadu and spread over a cloth to remove excess moisture.  
with dry hands coat mavadu with castor oil and then smear them with the mustard,

turmeric paste.

Store in clean pickle jar and add salt.

Shake well to mix contents at least twice daily for another 2 days.

By this time the juices ooze from the fruit and allow another soaking for three days.

On the fourth day powder the dry red chillies, and add to the 'curing' mavadu and mix well.

Shake and mix the pickle everyday for another 10 days.

Pickle is ready to serve.

## 28. Mango - Garlic Pickle (Avakkai)

### Ingredients:

1 ½ kg mango pieces with shell

2 tbsp turmeric powder

1 kg salt

½ kg chilli powder

½ kg mustard powder

1 ¼ kg sesame or gingily oil

¾ kg kabuli chana ( chick peas)

2 bulbs peeled garlic

100gm fenugreek seeds

### Method

Mix well mango pieces with turmeric, salt, chilli powder, and mustard powder.

Add all the oil and the remaining ingredients.

Mix well and store in air tight jars.

This pickle is ready for consumption in 8-10 days and keeps well for 1 year.

## 29. Mango and Vegetable Pickle Recipe

### Ingredients:

2 cups cauliflower pieces

250 gm carrots

5-6 tender raw mangoes

1 cup salt

½ cup chilli powder

¼ cup mustard

1 tsp asafoetida

1 tsp turmeric powder

10 gm green chillies

15 gm ginger

**Method:**

Break cauliflower into small flowerets and mix with 3 tbsp of salt.

On the following day remove excess water from cauliflower flowerets.

In a large bowl cut carrots and mangoes into small pieces and mix with 4 tbsp of salt.

Now mix in the cauliflower also.

Dissolve the rest of the salt in 1 cup of water - Boil first and then allow cooling.

Grind mustard to a coarse paste with some of this water.

Mix the ground paste with chilli, turmeric and asafoetida powder and the remaining salt water.

Add to the vegetable medley and add chopped green chillies and ginger.

Bottle in sterile bottles - it is ready for consumption the next day.

Keeps fresh for 8-10 days and a couple months when stored in a very cold place.

### 30. Microwaved Mixed Vegetable Pickle

Cooking time: 30 minutes.

**Ingredients:**

1 medium cauliflower chopped into flowerets

150 gms carrot diced into small pieces

150 gms turnip or shalgam chopped in cubes)

50 gms crushed garlic in 2 tbsp mustard oil

2 tsp salt

2 tsp red chili powder

1 tsp garam masala

A pinch of asafetida

3 tsp jaggery (gur – crushed)

2 tbsp tamarind (imli paste)

¼ cup vinegar

**Method:**

Wash, peel and cut vegetables.

In a microwave safe bowl steam all vegetables in ½ cup water at full power for 3 – 4 minutes. Allow it to stand covered for 5 minutes.

In a second microwave safe bowl add oil and microwave for 30 seconds.

Add crushed garlic, salt and turmeric - Microwave for 2 minutes.

Add crushed jaggery, vinegar, tamarind pulp, asafetida and microwave for 2 minutes.

Stir in the vegetables and microwave for 2 minutes before bottling in sterilized jars.

Consume within a week's time.

### 31. Mango Mixed Pickle

**Ingredients:**

4 cm ginger piece  
10 cloves garlic  
2 large onions  
1 tsp black pepper corns  
1 tsp cloves  
½ kg sesame seed oil  
1 kg green mango slices  
2 tbsp chilli powder  
1 cup vinegar

**Method:**

Grind ginger, garlic, onion, pepper and cloves together to a fine paste with a little of the vinegar. Heat 125gms oil and cook mango slices for 10 minutes.  
Add chilli powder and salt.  
Cook for another 15 minutes.  
Mix in the ground paste, remaining oil and vinegar.  
Cook on slow fire for 10 minutes.  
Vacuum pack in sterile jars - It is ready to use.

### 32. Mango Pickle - Kerala Style Recipe

**Ingredients:**

2 green mangoes cut up into small square pieces  
4 tsp chilli powder  
3 tsp salt  
½ tsp asafoetida  
1 tsp turmeric powder  
½ tsp mustard seeds  
1 tsp oil  
½ cup white vinegar

**Method:**

Heat oil in a pan and sauté the mustard seeds.  
When it pops and splutters reduce the heat and add chilli powder, salt, asafoetida, turmeric and stir for about 3 min.  
Turn off the flame and allow it to cool for a while.  
Add the chopped mangoes and mix thoroughly.  
Mix in the vinegar and bottle in pickle jars for future use.

### 33. Mango Thokku Recipe

**Ingredients:**

2 ½ kg sour mangoes  
50 gm fenugreek  
250 gms sesame or gingily oil  
250 gms salt  
300 gm chilli powder  
1 tbsp turmeric powder  
1 tbsp asafoetida powder - 1 tbsp

**Method**

Cut mangoes into thin slices or grate them.

Crush the fenugreek seeds.

Heat ¼ of the oil (60gms) and cook the mangoes in it till soft, for about 10 minutes.

Add salt, chilli powder and continue to cook stirring for another 10-15 minutes.

Add asafoetida and fenugreek powder, remaining oil and cook on slow fire for 10 more minutes.

Bottle in sterilized vacuum pack jars and cool - it is ready to use.

Will keep well for 2 months or longer in frig.

### 34. Mixed Vegetable Pickle Recipe

**Ingredients:**

2 carrots  
2 raw mangoes  
50 g green chillies  
2 karela (bitter gourd)  
5 lemons  
50 g fresh ginger  
3 tsp red chilli powder  
2 tsp mustard (rai) powder  
1 tsp hing  
1 tsp turmeric powder  
3 tbsp oil  
salt to taste

**Method:**

Slice the vegetables and 2 lemons into small pieces but remove seeds from karela.

Fill jar with chopped vegetables and add chilli powder, turmeric, mustard, hing, salt and the two lemons - cover the jar and shake contents to mix well.

Heat oil and when cool add to the pickle mix.

Add juice of remaining other three remaining lemons and mix well.

The pickle is ready for use the following day and can be preserved for 10 to 15 days.

### 35. Narthangai Pickle Recipe

#### Ingredients:

6 cups chopped narthangai (unripe orange) cut into spirals or cubes

½ cup salt

1 tsp turmeric powder

#### Method:

Wash narthangai and cut into 2cm square pieces.

In a dry sterilized jar place the chopped narthangai with the salt and turmeric powder.

Cover with a thin clean muslin cloth tied at the mouth of the jar.

Shake contents daily for the next 30 days without fail.

At the end of the month boil ½ litre of water and allow cooling.

Add the water to narthangai and mix in ¼ cup red chilli powder, 1 tsp asafoetida powder.

Keep under the hot sun or at 200 degrees oven 3 hours.

### 36. Gooseberry (Amla) Instant Pickle Recipe

#### Ingredients:

1 cup gooseberry (Amla)

¼ tsp turmeric powder

½ tsp chilli powder

1 pinch asafoetida powder

½ tsp fenugreek seeds

1 tbsp sesame seed oil

½ mustard seeds

½ tsp salt

#### Method:

Bring to boil 2 cups of water before adding whole gooseberries with salt and turmeric powder. Cover the pot and let the fruit stand until water cools.

Drain water and gently press gooseberry to push out the seeds by pressing the top.

Sprinkle salt, red chilli powder and asafoetida powder on the fruit and mix well.

Place oil in karahi or wok and sauté mustard seed until it crackles.

Add coarsely crushed fenugreek seeds and sauté lightly.

Add the gooseberry pieces and stir fry for few seconds before bottling in a pickle jar.

It stays good for two to three days.



### 37. Onion (thokku) Pickle Recipe

#### Ingredients:

1 large onion  
1 large tomato  
2 tsp sambar powder – 2 tsps  
¼ tsp turmeric powder – ¼ tsp  
1 tbsp oil  
½ tsp mustard seed  
1 tsp jeera  
1 pinch Asafoetida Powder  
1 sprig c Leaves  
½ tsp salt or as per taste

#### Method:

Finely chop onion and tomato.

In a karahi place oil and sauté mustard seeds until they pop.

Add jeera, asafoetida powder and curry leaves and fry briefly only.

Add onion and fry until it turns transparent.

Add tomato and stir fry until it is crushed well.

Add sambar powder, turmeric powder and salt and fry till well blended.

Eat with chapatti, idli or soft dosa.

### 38. Raw Papaya Chutney

#### Ingredients:

1 small raw papaya peeled and coarsely grated  
4-5 green chillies slit lengthwise  
¼ tsp each cumin & mustard seeds  
¼ tsp asafoetida  
1 tsp sugar  
1 tsp lemon juice  
1 tsp coriander finely chopped  
1 tsp oil  
salt to taste

#### Method

Heat oil, add seeds and allow them to splutter.

Add green chillies, stir and add grated papaya.

Add the rest of the ingredients, mix well and remove from fire.

Cool before serving with crackers or papdi.

Shelflife is 1 day when refrigerated.

### 39. Papaya Pickle Recipe

**Ingredients:**

200 gm young yellow papaya skinned and 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 and mix well.  
Allow to marinate in the fridge for one day before eating.

### 40. Pickled Cucumbers Recipe

**Ingredients:**

1 kg young fresh cucumbers  
1 litre salty brine (heavily saturated with salt)  
1 litre vinegar

**Method:**

Wash and thickly slice cucumber.  
Soak cucumber in wet brine overnight.  
Drain and wash thoroughly under cold running water and drain dry on a clean kitchen cloth.  
Pack in tight layers into sterile jar.  
Pour vinegar over slices to cover them.  
Allow to mature for 48 hours before using.

### 41. Cucumber Pickle (Tendli or Gherkin pickle)

**Ingredients:**

500g gherkins (tendli) washed and air-dried  
3 tsp salt  
12 whole kashmiri chilies or 2 tsp of powder  
½ tsp mustard seeds (rai)  
½ cumin (jeera) seeds  
½ tsp turmeric (haldi) powder  
25 cloves garlic (lasan) minced  
5 cm or 2 inch piece ginger (adrak) minced

1 cup vegetable oil  
2 sprigs curry leaves (kadhi patta)  
7 tbsp white vinegar (sirka)  
4 tbsp sugar  
2 Green chilies slit lengthwise

**Method:**

Grind chili, mustard seed, jeera, haldi, garlic and ginger to a smooth paste with 6 tbsp vinegar.

Cut each gherkin lengthways into 6 pieces. Apply 3 tsp salt and set aside for an hour. Squeeze out the excess water and spread them on kitchen towels to air-dry the cucumbers.

Heat oil in a pan and sauté curry leaves for a few seconds before adding the spice paste and fry well for 3 minutes. Add the gherkins and stir-fry lightly.

Add vinegar, sugar, and green chilies.

Mix well and cook on moderate heat for 10 minutes, until the gherkins are cooked but still retain some crispness.

Bottle while still hot and vacuum pack the pickle.

## 42. Potato Pickle Recipe

**Ingredients:**

500 gms potatoes boiled, peeled and cut into small pieces  
50 gms chilli powder  
Salt to taste  
25 gms garlic, crushed  
25 gms methi (fenugreek) seeds, powdered  
4 lemons  
100 gms oil  
5 gms mustard seeds  
4-5 red chillies  
Pinch of asafoetida

**Method:**

Pat dry the potato pieces with a cloth or paper towel and place in a clean bowl.

Add chilli powder, salt, crushed garlic, methi seeds powder and mix well.

Heat oil in a pan and sauté mustard seeds - add red chillies and asafoetida and empty over the potato pieces.

Finally add lemon juice; mix well and store in an air-tight container.

After 3 days mix the mixture again and serve.

### 43. Standard Punjabi Pickle Masala

**Ingredients:**

30 gms cumin seeds  
30 gms fennel seeds  
30 gms fenugreek  
30 gms mustard seeds  
30 gms negella seeds or kalonji  
30 gms aniseed  
30 gms red chillies  
3 tsp turmeric  
¼ tsp asafoetida  
½ cups mustard oil

**Method:**

Coarsely crush 1/3<sup>rd</sup> of the seed ingredients.  
Mix with the remaining items and store in sterile bottle.  
Use whenever pickling fresh vegetables.

### 44. Punjabi Carrot Pickle Recipe

**Ingredients:**

3 medium carrots peeled  
1 medium cauliflower flowerets with stalks removed  
½ cup salt  
¼ cup red chilli powder  
1 tbsp turmeric  
1 cup vinegar  
1 cup jaggery grated

**Method:**

Cut carrots lengthwise into 4cm size pieces.  
Separate cauliflower florets into sizes similar to the carrot pieces;  
Add chilli, salt, turmeric and toss the vegetable medley - if a sunny day is available keep under the sun for 4 days. Otherwise leave in the oven at 100 degrees for 24 hours.  
Warm the vinegar till warm and stir in the grated jaggery.  
Now bring mixture to a boil to melt the jaggery before setting it aside to cool.  
Mix with the vegetables and fill in clean sterilised dry pickling jars.  
Allow to marinate in a warm dark place for 5-6 days, shaking the contents daily.

## 45. Steamed Pickle Recipe

### Ingredients:

4 cucumbers in 2cm thick slices  
1 cup salt  
2 cups carrots in 2cm thick slices  
4 quarts water (1 quart = 2.25 litres)  
2 cups celery in 2cm thick slices  
2 cups sugar  
2 cups cubed onions  
1/3<sup>rd</sup> cup mustard seeds  
2 cups red pepper in 2cm cube sizes  
2 tbsp celery seed  
2 tbsp peppercorns  
1 head of cauliflower broken into florets  
1 tbsp dried cilantro  
6 ½ cups vinegar

### Method:

Combine all vegetables in a large bowl or bucket.  
Dissolve the salt in the water and pour it over the vegetables.  
Soak the vegetables in salt water for 18 hours and keep in a cool and dry place.  
Drain the salt water from the vegetables and set aside.  
In a large pot mix sugar, spices and vinegar and bring to a boil.  
Add the vegetables and fill pickling jars leaving a space above the vegetable.  
Cover loosely with a lid and place carefully in boiling water bath.  
Boil bath water until the vegetable at the bottom of the jar lifts off the base.  
Lift out of canning bath water and tighten the lids of pickling jars.

## 46. String Bean Achar Recipe

### Ingredients:

½ kg string or green bean (shimi)  
100 gms sesame seeds  
7 green chillies sliced  
1 tsp lemon juice  
1 tsp salt  
1 tsp oil

### Method:

Wash the string beans thoroughly and cut it into thin slices on a slant.  
Scald beans in boiling water for five minutes and strain it.  
Roast sesame seeds grind it to make a powder or paste.

Fry the sliced green chillies in hot oil.  
Mix together all ingredients and serve.

#### **47. Small Onion Pickle Recipe**

**Ingredients:**

½ kg small onions  
Juice of 3 lemons  
1 tbsp salt  
2 tsp chilli powder

**Method:**

Peel onions and slice into halves.  
Mix all ingredients in a jar with a lid.  
Mix often during the day.  
Use after 10 hours – it stays good for one week.

#### **48. Sweet Mango Pickle**

**Ingredients:**

675gms or 1½ lb. green Aam (Mangoes)  
575gms or 1¼ sugar  
2 tsp salt  
1 tbsp white cumin seeds  
2 tsp brown cardamom seeds  
1 tbsp poppy seeds  
1 tsp red chili powder

**Method: (aam ka mitha achar):**

Wash, peel and grate the aam (mangoes). There should be about 450gms / 1lb of flesh.  
Add sugar and salt and mix well in a large bowl.  
Roast cumin, cardamom and poppy seeds and stir in the chili powder - mix all with the sweetened mango.  
Fill the mango mixture into a sterilized jar and leave out in the sun or at 100 degrees in the oven for a few (at least 4) days.  
Shake the jars once a day.

#### **49. Punjabi Mango Pickle Recipe**

**Ingredients:**

4 medium raw firm mangoes-chopped in chunks  
1 tbsp crushed mustard seeds  
½ tbsp crushed fenugreek seeds (methi)  
¼ tbsp aniseed(saunf)  
½ cup red chilli powder  
½ cup salt  
1/5<sup>th</sup> cup turmeric powder  
1 cup mustard oil (or any cooking oil)

**Method:**

Place mango pieces in a roomy pickling jar.

Sprinkle in the salt and ½ the turmeric powder and shake well until mango pieces are evenly coated.

Set aside to marinate for 2 days – shaking it twice daily at least.

On the third day drain the water content of the bottle and spread the mango pieces on a paper towel or old clean towel for the next 2 hours.

Replace the mango in the pickling jar.

Mix all the remaining dry ingredients in a bowl and add to the mango pieces in the jar.

Add to the mango filled jar with half the oil and shake well.

Pour in the rest of the oil to cover the contents and allow to mature over 10 days before using.

Take only small quantities from the main jar as required - the main jar should always have a layer of oil floating on top.

## 50. Stuffed Bitter Gourd Pickle Recipe

**Ingredients:**

8 small gourds, skinned and slit  
2 tbsp fennel seeds (saunf)  
½ tbsp dhania seeds coarsely crushed  
1 tbsp mustard seeds coarsely crushed  
3 tbsp chilli powder red  
1 tsp asafoetida  
2 tbsp dried mango powder  
½ cup grated fresh raw mango  
1 tsp turmeric powder  
½ tsp citric acid  
1 tsp garam masala (optional)  
salt  
1 cup oil

**Method:**

Mix 1 tsp salt and ¼ tsp turmeric powder.

Rub the gourds with this mixture and set aside for 1 hour.

Boil a pot of water to boil and add citric acid with the gourds – hard boil for 5 minutes.

Remove gourds and wipe dry.

Heat ½ oil in a pan quickly sauté all crushed seeds and remove from the flame.

Immediately add all the ingredients, including the mango powder or gratings.

Cool both the gourds and masala before stuffing them in the vegetable.

Place gourds in a pickling jar.

Heat and pour remaining oil over them. Cover and keep aside to cool.

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

## 51. Stuffed Lime Pickle Recipe

**Ingredients:**

½ kg lime

100 gms ginger scraped clean

2 ½ tbsp salt

2 ½ tbsp black salt

1 ½ tbsp kashmiri or any red chilli powder

¼ tsp asafoetida

1 cup sugar

3 tbsp ajwain

½ tbsp crushed mustard seeds

1 tbsp garam masala

**Method:**

Make deep cross slits to each lime.

Slice ginger in thin slices.

Mix all ingredients and fill into the slits of the lime.

Place stuffed lime and remaining ingredients in a pickling jar.

Mix well and allow marinating for 24 hours.

Keep under the sun for a few days or in an oven at 100 degrees for 24 hours.

Tighten the lid of the jar and store in a cool place for 30 days before use.

## 52. Sweet Apple Pickle Recipe

**Ingredients:**

5 apples cored and sliced

2 ½ cups sugar

1 ½ cups vinegar

1 tbsp freshly grated ginger



1 tsp garam masala  
¼ tsp salt  
1 tsp dried ginger powder  
2 large sliced onions  
10 green chillies

**Method:**

In a large steel pot combine vinegar, sugar, salt, garam masala, ginger powder and fresh ginger and bring to a boil. (Avoid aluminum containers).

On a low flame bring the mixture to a boil, stirring occasionally until the sugar liquefies.

Add the onion and apple slices and bring it back to a boil.

Allow to simmer and add green chillies.

Keep stirring occasionally until the mixture becomes thick.

Bottle in sterile jars and put on the lids while still hot.

Tighten the lids when jars have cooled.

### 53. Sweet Mango Pickle

**Ingredients:**

3 tbsp cumin seeds  
1 kg green mangoes peeled and cubed or grated;  
7 tsp salt  
1 tbsp turmeric powder  
1 1/2 kg sugar  
2 tbsp red chilli powder

**Preparation:**

Gently roast cumin seeds until fragrant – grind coarsely and set aside.

Mix mango with salt and turmeric in a bowl and set aside.

Drain the liquid completely and add the sugar.

Use a wooden spoon to mix the two together – keep stirring until the sugar dissolves.

Place the mix in a heavy-bottomed pan and cook on medium heat.

Stir often until the sugar acquires a one-thread consistency.

Stir in the red chilli and cumin powder and bottle in pickling jars.

Allow vacuum packed jars to cool before tightening the lids.

Stock up bottles in a cool place for one month before serving.

### 54. Sweet Lemon Pickle Recipe

**Ingredients:**

25 lemons  
2kg sugar  
2 tsp turmeric powder

50 gms roasted cumin powder  
150 gms red chilli powder  
½ tsp asafoetida - 1/2 teaspoon  
150 gms salt  
1 litre water

**Method:**

Wash and dry lemons and cut them into quarters.  
Place lemon pieces in a large sterilized jar and add salt and turmeric powder.  
Mix all and leave to marinate at 100 degrees in the oven for one week if possible.  
Make sure that you shake contents of the jar at least twice a day.  
After 1 week, remove the lemons from the jar and place them on a tray to air dry.  
Mix sugar with the water and simmer on medium heat - keep stirring till it acquires a one string consistency by taking a drop of syrup between forefinger and thumb and checking for single thread syrup.  
Add the lemon pieces into the syrup and cook on medium heat until the lemon pieces float.  
Mix in red chilli, cumin and asafoetida and fill pickling jars.

## 55. Sweet Lime Pickle Recipe

**Ingredients:**

1kg limes  
500 gms seedless raisins  
700 gms sugar  
3 tsp chilli powder  
750 mls vinegar  
1 tbsp salt  
20 cloves garlic  
50 gms ginger

**Method:**

Quarter the limes, remove seeds and mix in the salt – set aside for three days, turning them frequently.  
Grind garlic and ginger in vinegar and pour over the marinated limes - set aside for 24 hours.  
Coarsely mince the limes and raisins and bring the mixture to a boil in a large pot.  
Dissolve the sugar in the mixture and add all the remaining ingredients.  
Reduce the flame and simmer till the mixture thickens.  
Bottle the mixture and vacuum pack in pickling jars.  
Allow to cool before tightening the lids.  
Store in a dry cool place for one week before using.

## 56. Tamarind Ginger Pickle Recipe

### Ingredients

¼ kg ginger  
12 green chilli  
pulp of lemon sized tamarind soaked in ½ cup water  
1 tbsp salt  
1 tsp turmeric powder  
2 tbsp jaggery crushed or powdered  
2 tbsp oil to sauté ginger and chilli  
½ tsp mustard seed

### Method

Grate or thinly slice cleaned ginger – wash, drain and set aside.  
Finely slice washed chillies.  
Heat the oil in a pan and sauté the mustard seed.  
When mustard stops spluttering add the ginger, chilli, turmeric, and tamarind pulp and sauté.  
Add salt and allow simmering until oil separates from the mixture.  
Add jaggery and mix well before bottling in pickling jars.

## 57. Tomato - Coriander Pickle Recipe

### Ingredients:

4 large tomatoes cut into pieces  
½ bunch chopped coriander  
10 finely chopped green chillies  
1 tsp salt  
4 tbsp tamarind juice  
½ tbsp haldi  
1 tbsp mustard seeds  
1 tbsp chana dhal  
¼ tbsp hing  
1 tbsp sesame oil

### Method:

Grind 1 tomato, coriander, tamarind juice, salt, 5 green chillies and half the haldi and set aside.  
Place oil a pan and sauté mustard seeds, chana dal and hing.  
Add tomatoes and green chillies and bring to boil.  
Add the ground mixture allow to boil for 2minutes.  
Bottle end product in a pickling jar.

## 58. Tomato and Vegetable Pickle Recipe

### Ingredients:

2 kg tomatoes chopped into cubes  
250gms carrots cut into cubes  
250gms cauliflower flowerets  
250gms green peas  
250gms green beans cut into 2cm bits  
250gms fresh ginger  
12 dry red chillies  
6 while pods garlic  
2 tbsp sesame oil  
125 gms mustard seeds  
125gms cumin seeds  
2 cups sugar  
1 bottle mustard oil  
1 litre vinegar  
2 tsp salt or to taste

### Method:

Coarsely grind the ginger, garlic, chillies, cumin seeds and mustard seeds in some vinegar.

Heat the oil in a pan and sauté the ground masala for a few minutes before adding the tomatoes and remaining vegetables.

Add the salt, sugar and the remaining vinegar.

Bring to a boil and simmer on a low fire till the liquid dries and only the oil remains.

Bottle while hot and vacuum pack in pickling jars.

Tighten lids when jars cool off.

## 59. Tomato Ginger Pickle

### Ingredients:

1 kg tomato chopped into cubes  
500 mls bottle white vinegar  
½ kg sesame (til) oil  
125 gm garlic peeled  
125 gm green chillies  
60 gm ginger  
½ tbsp jeera (cumin seeds)  
125 gm mustard seeds  
60 gm red chilli powder  
1 tsp fenugreek (methi) seeds

½ tsp turmeric powder  
Salt to taste

**Method:**

In a blender grind together garlic, ginger and green chilli first.  
Add vinegar and the rest of the spices to make a coarse paste (masala).  
Heat oil and gently sauté the masala till brownish in colour.  
Add tomatoes and salt and bring to a boil.  
Pour in glass jars and vacuum pack.

### **60. Tomato Thokku (paste chutney)**

**Ingredients:**

1 kg ripe tomatoes  
2 tsp chilly powder  
¼ tsp asafoetida  
30mls sesame oil  
1 tsp fenugreek seeds  
1 tsp mustard seeds

**Method:**

Wash tomatoes and drop them in boiling water to enable the skins to peel off.  
Coarsely crush the peeled tomatoes.  
In a pan heat the oil and sauté the fenugreek and mustard seeds until they splutter.  
Add the asafoetida and crushed tomatoes.  
When the mixture starts to boil, add the chilli powder.  
Boil for 30 to 45 minutes until the oil is seen to float.  
Pour in sterile pickling jars and vacuum pack.

### **61. Vatamas or Soybean Chutney**

**Ingredients:**

200 gms soybean  
1 tbsp ginger paste  
1 tsp chilli powder  
1 tbsp mustard oil  
1 tsp salt

**Method:**

Roast the soybeans in a pan and grind to a fine powder.  
Add all the ingredients to the soybean powder and mix well.  
Keep in a covered jar.  
It can be used as chutney for several days.

## 62. Yoghurt Chutney

### Ingredients:

125 grams plain yoghurt  
3 green chillies  
1 tablespoon fresh mint leaves  
1 level tablespoon amchoor  
Salt to taste

### Method:

Beat the curd, grind green chillies and mint leaves finely.  
Mix in the curd and add salt to taste.  
Serve with fried dishes.

## 63. Carrot Chutney

### Ingredients:

200 gms grated carrots  
2 tbsp grated coconut  
1 bunch coriander leaves chopped  
4 green chillies  
1 tsp lemon juice  
1 tsp salt or to taste  
½ tsp ground pepper

### Method:

Grind all the ingredients to a smooth consistency and serve.

## 64. Apple & Mango Chutney

### Ingredients:

250 gms raw mangoes peeled and sliced  
250 gms cooking apples peeled and sliced  
2 big cardamom seeds crushed  
1 cup vinegar  
1 cup water  
½ tsp red chili powder  
1¾ cup sugar  
3 tsp salt  
4 cloves peeled garlic  
1 tsp long slips of ginger  
4 tsp raisins  
8 blanched almonds

**Method:**

Cook mangoes and apples in water with ginger and garlic till the water dries up.

Add vinegar, sugar, almonds, red chili powder, cardamoms and raisins and cook to make a thick chutney.

Bottle immediately in pickling jars and vacuum pack by twisting covers tightly closed when cooled.

## 65. Coconut Chutney

**Ingredients:**

1 fresh coconut (grated)

3 fresh green chilies or as per taste

2 tbsp cilantro or coriander leaves chopped

1 tbsp lemon or lime juice

1 tbsp split peas (roasted)

$\frac{3}{4}$  cup plain yogurt

Salt to taste

**Method:**

Grind coarsely all the ingredients in a blender and serve.

## 66. Banana Chutney

**Ingredients:**

6 ripe bananas

$\frac{3}{4}$  cup vinegar

3 tsp salt

$\frac{1}{8}$ <sup>th</sup> tsp of cinnamon powder

2 ground cloves

2 big cardamoms

$\frac{1}{2}$  tsp red chili powder

$1\frac{1}{2}$  cups of sugar

4 tsp raisins

4 tsp blanched almond

**Method:**

Peel and chop bananas.

Cook with vinegar to a pulp and then stir in sugar until it dissolves.

Remove from the fire; mix in the raisins, slivered almonds, salt, and chili powder as well as the ground spices.

Bottle while still hot in pickling jars and vacuum pack.

Serve after 2 days.

## 67. Mango Chutney

### Ingredients:

½ kg green mangoes  
1 cup vinegar  
½ cup water  
1 tsp red chilli powder  
400 or 2½ heaped cups sugar  
4 tsp salt  
2 tsps long strips of ginger  
2 cloves garlic  
¾ tsp cardamom powder  
60 gms raisins - 4 tsps

### Method:

Wash the mangoes and dry them.  
Peel and cut mangoes into very thin long slices - remove and discard the seeds.  
Chop garlic very fine and cut ginger into thin and long slices.  
Cook the mango slices, garlic and ginger in water on a low fire.  
When tender, add sugar, vinegar, red chili powder, cardamoms, salt and blanched almonds and stir until thick and turns a golden colour.  
Add raisins and mix well.  
Place in airtight pickling jars.  
Store in a cool dark place.

## 68. Dry Date Pickle

### Ingredients:

250 grams dry dates  
1 tsp red chili powder  
5 tsp coriander powder  
5 tsp aniseed powder  
2 tsp cumin powder  
¾ to 1 cup lemon juice  
1 tsp salt or to taste

### Method:

Boil the dates until a little tender and remove seeds – leaving the dates whole.  
Dry dates and set aside.  
Mix all the remaining ground ingredients and salt and fill in the dates.  
Place the spice filled dates in clean pickling jar.  
Mix a little salt with lemon juice and cover the dates with lemon juice.  
Allow to mature for 7 days.  
Shake the jar daily and serve after one week.



## 69. Sweet & Sour Lemon Pickle

### Ingredients:

½ kg lemons  
1 kg sugar  
1½ cup water  
3 tbsp salt  
2 tsp red chili powder  
4 cloves  
1 inch cinnamon

### Method: How to make sweet and sour lemon pickle:

Peel the lemons, dice and remove the seeds.

Sprinkle salt over the pieces.

Make half-thread consistency sugar syrup with the water.

Mix in the lemon pieces, red chilli powder, cinnamon and cloves and cook till it boils.

Store in a jar and use after one week.

## 70. Garlic Tamarind Chutney

### Ingredients:

4 garlic pods – loosen the cloves, clean and set aside  
20 red chillies roasted  
2 cups grated coconut  
4 tsp oil  
a little tamarind  
Salt to taste

### Method:

Sauté the garlic cloves in coconut in oil and set aside;

Soak tamarind in water for 2 hours, mash and extract pulp by straining.

Grind together the the sauted garlic with roasted the red chillies and tamarind pulp.

Add salt and grind once again to a smooth paste - serve.

## 71. Green Coriander Chutney

### Ingredients:

1 bunch coriander cleaned and chopped (including leaves and tender stems)  
6 green chillies  
1 small onion  
1 lemon juice  
3 tsp sugar

¼ tsp amchur  
6 cloves of garlic  
1 tsp salt or to taste

**Method:**

Mix and blend all ingredients to make a paste.  
Add little water if needed to blend.

## 72. Onion Chutney

**Ingredients:**

1 cup chopped onions  
8 cloves garlic  
2 tbs channa daal  
8 red dry chilies  
1 tsp salt  
1 tsp mustard seeds  
curry Leaves  
1 tsp tamarind paste  
1 tsp oil

**Method:**

Heat ½ tsp oil, sauté dry chilies, daal, garlic and onions till they turn golden brown;  
Grind with tamarind and salt and set aside.  
In a pan place ½ tsp oil sauté mustard seeds and curry leaves and the blended ingredients.  
Stir fry briefly before fill in a jar – serves well with bread and roti.

## 73. Peanut Chutney

**Ingredients:**

½ cup skinned peanut  
6 green chilies  
1 fistful of chopped fresh coriander leaves  
1 tsp cumin powder  
½ tsp salt or to taste  
1 tsp sugar or jaggery

**Method:**

Soak peanuts in water for half an hour and set aside.  
Coarsely blend the peanuts and chilies.  
Add salt, sugar or jaggery and cumin powder and mix.  
Before serving mix in some lemon juice;

## 74. Sweet Mango Pickle

### Ingredients:

1 kg green aam (mangoes)  
¾ kg sugar  
3 tsp salt  
1 tbsp cumin seeds  
2 tsp brown cardamom seeds  
1 tbsp poppy seeds  
1 tsp red chili powder

### Method:

Wash, peel and grate the aam (mangoes). There should be about 750gms grated flesh. Add sugar and salt and mix well in a large bowl. Roast cumin seeds, cardamom seeds and poppy seeds, stir in chili powder and mix with the sweetened mango. Turn the mango pickle into a sterilized jar, cover with a clean cloth and leave out in the sun or in warm, light place for about a week. Shake the jar at least once a day.

The Goans from Western India are experts at pickling different types of meat and fish. They have standard masala to make delicious pickles or curry. A typical Goan meal is considered incomplete if there is no pickle served. Whether it has been bought from the market or fished out from that huge antique family pickle jar tucked in the corner of the kitchen, any pickle will give a sizzle to your meal. Goan pickles are usually spicy, sweet, sour, or a combination of two or all. They do take time to make but that is because the main ingredient must be pre-prepared. Sterilize the jars in boiling hot water or in the microwave for a few minutes before bottling. At all cost avoid water drenched bowls and spoons to handle pickles.

## 75. Raechad Masala (Goa)

This fiery hot masala paste has its home in Goa. It can be used as the main spice mix in a curry or to marinate meat or fish. You can make some ahead and store it in your refrigerator for later use.

### Ingredients:

15 red chillies  
1 tbsp black peppercorns  
2 tsp coriander seeds  
1 tsp cumin seeds  
20 cloves of garlic  
½ tsp turmeric powder  
½ tsp sugar  
A golf ball-sized lump of tamarind with seeds removed  
Salt to taste

Vinegar

**Preparation:**

Put all the ingredients except vinegar into a food processor.

Add the vinegar a little at a time, to grind the ingredients into a thick, smooth paste.

This paste can be stored in a glass bottle for several days if kept in the refrigerator.

## 76. Vindaloo Masala (Goa)

This spicy western Indian coast masala paste is typically used as a base in meat curries but tastes just as good with fish and vegetarian preserves.

**Ingredients:**

2 large onions chopped

3 large tomatoes chopped

1 tbsp garlic paste

1 tbsp ginger paste

1 tsp garam masala

3 dry red chillies

2 tsp coriander powder

1 tsp cumin powder

6-8 black peppercorns

White vinegar as needed

**Preparation:**

Put all the ingredients except vinegar into a food processor.

Add the vinegar a little at a time to grind the ingredients into a thick smooth paste.

Store in a glass jar for use as required – the above proportion is for a single dish.

## 77. Shrimp or Prawn Pickle or Sungta Lonche

**Ingredients:**

1kg. tiger shrimps or king prawns

750 mls white vinegar

16 dry red chillies

12 Peppercorns

50 peeled Cloves of garlic

4 finger thick-sized pieces of cinnamon

1 tbsp Salt

9 tbsp Oil

**Method:**

Wash, shell and devein shellfish and pat dry with a paper towel.

Grind chillies, cinnamon pieces, peppercorns, 30 cloves of garlic and salt to make a thick smooth paste - using a little vinegar at a time.

Heat oil and fry the prawns till they are a golden pink and set aside.

Chop up the remaining 20 cloves and sauté in the same oil until they are pink in colour.

Add the rest of the vinegar in it.

Add the ground *masala* and sauté until it separates from the oil.

Stir in the fried shellfish and cook for another 2 minutes in low heat.

Mix well and store in a pickling jar.

## 78. Shellfish Pickle Recipe

### Ingredients:

1 kg king prawns or similar shellfish  
750 mls white vinegar  
1 tsp turmeric powder  
2 dozen dry red chillies  
4 tsp cumin seeds  
Thumb-sized piece of ginger  
15-20 cloves of garlic (one large pod)  
7 tbsp oil  
Salt

### Preparation:

Clean shellfish and devein it – allow to air dry on a paper towel.

Place shellfish in bowl and mix with salt to taste and the turmeric powder – set aside for one hour to marinate.

Grind the red chillies, ginger, garlic and cumin seeds with just enough vinegar to make a smooth paste.

Heat 4 tbsp oil in a pan on a medium flame and sauté the prawns till golden.

Fill sautéed shellfish in sterilised pickling jars, leaving a space above for the masala.

Sauté the spice paste in 3 tbsp of oil until the cooking oil begins to separate from the masala.

Add the rest of the unused vinegar and cook on a medium flame for 15 minutes more.

Pour sufficient amount of the liquid masala mix over the fried shellfish in the jars.

Put on the lids and mix well – set aside for a few days before eating.

## 79. Semolina Battered Shellfish

### Ingredients:

30 tiger shrimps or king prawns  
1 tbsp ginger minced  
1 tbsp garlic minced  
3 green chillies chopped fine  
1 tsp freshly ground pepper  
1 tbsp lime juice

½ cup rice flour  
2 eggs  
250 gms bread crumbs  
250 gms rava (semolina)  
Cooking oil for deep frying  
Lime wedges for garnish

**Preparation:**

Clean the shellfish, devein, wash and pat dry with paper towel - leave the tail attached.  
Mix shellfish together with ginger garlic, green chillies, lemon juice, salt and pepper and allow marinating for 3-4 hours.  
Mix the flour and egg together in a bowl to make a smooth batter.  
Mix the bread crumbs and rava (semolina) together in a flat plate.  
Dip the shellfish in the batter and roll in bread crumb-semolina mix before deep frying till golden brown.

## 80. Fish Pickle

**Ingredients:**

1 kg firm fish cut into 2cm square pieces or large prawns  
1 tsp ground turmeric  
3 cups vinegar  
25 dried kashmiri chillies  
1 tbsp cumin seeds  
2 inch piece fresh ginger  
1 whole head of garlic  
Oil as needed  
Salt to taste

**Preparation:**

Clean the fish (remove head, tail, fins and de-scale) and cut into small cubes 3cm each.  
Marinate with salt and turmeric and set aside for an hour.  
Grind spice, garlic and ginger in a little vinegar.  
Fry the fish until crisply cooked.  
Fry the masala in 2 tbsp oil for a couple of minutes and add the remaining vinegar.  
Simmer for 10 minutes on a low heat.  
Place the fried fish in pickling jars and cover with the boiling masala/vinegar mixture.  
Cover jars with lids and shake the contents and allow cooling.  
Tighten the lids – pickle is ready to eat after 3-4 weeks.

## 81. King Fish Pickle

### Ingredients:

2 lbs king fish diced into cubes  
½ cup thinly sliced ginger  
½ cup thinly sliced garlic  
10 green chilies split lengthwise  
¼ cup Kashmiri red chili powder with a little vinegar to make it a smooth paste  
1 cup vinegar  
1 sprig curry leaves  
2 tsp mustard seeds  
1 tsp salt or to taste  
Oil – as needed  
½ tsp turmeric powder  
1 tsp red chili powder -1 tsp

### Method:

Mix with the fish turmeric powder, red chili powder and salt and marinate fish in the refrigerator for one hour.

Next deep fry fish pieces until crispy brown – set aside.

In a large pot add oil and sauté mustard seeds and as soon as they pop, add in the curry leaves. Stir in the ginger, garlic, green chilies and sauté it for 2 to 3 minutes.

Add the ¼ cup Kashmiri chili paste and sauté before adding the rest of the vinegar and stir to a boil.

Add fried fish pieces, cover the pot and boil for 2 minutes.

Store in vacuum packed pickling jars and loosely put on the lids.

Tighten lids when the bottles have cooled.

For a long shelf life the fish should be completely immersed in the vinegar gravy.

Any 'hard' fish (tuna or tilapia) including pre-fried meat product may be used to prepare this pickle also.

## 82. Prawn Balchao

Balchao is a style of masala (spice mix) from Goa, in which whole spices and a little sugar are soaked in vinegar and then ground into a thick paste. The result is a sweet-hot-sour flavour. Meat and shrimps are commonly marinated in this mix for a couple of days and then cooked into a dry dish.

### Ingredients:

½ kg headless shelled, deveined and cleaned prawns  
4 tomatoes finely chopped  
2 green chilies chopped  
1 sprig curry leaves  
4 onions finely chopped

Sugar, salt and vinegar to taste  
4 tbsp Oil

**Make smooth paste with:**

1 tbsp each ginger-garlic paste  
2 Dry red chilies  
1 tbsp vinegar  
½ tsp turmeric powder  
2 tsp cumin seeds  
1 tbsp mustard seeds  
1 tsp black peppercorns

**Preparation:**

Mix with the cleaned shellfish a pinch of turmeric powder and some salt and set aside.  
Marinate next with the pre-prepared paste and leave aside.  
Heat oil in a large frying pan and add in the curry leaves.  
Add chopped onions and sauté on medium flame till the onions turn light brown.  
Add chopped tomatoes and sauté till the oil starts leaving the sides of pan  
Now add the prawns and fry briefly, stirring occasionally.  
Add green chilies, sugar, salt and vinegar to taste.  
Put on a lid and simmer on low flame for about ten minutes.  
Fill pickling jars with the mixture and loosely apply the lids.  
Tighten the screw-top lids when the pickle is cooled down.

### 83. Mackerel (Para or Dry Fish) Pickle

Para is made before the start of the monsoons, when fresh fish may be scarce.

**Ingredients:**

25 dried mackerels or 1 kg salted seer fish – heads, tail and fins removed and cut into pieces  
75 dry red kashmiri chilies  
5 cm or 2 inch piece of fresh ginger  
3 heads of garlic – pods peeled  
1 tbsp cumin seeds  
½ tsp peppercorns  
3 tsp of turmeric  
3 liters white bottles vinegar

**Method:**

Clean the dried fish with a brush, remove scales and sand and wash well in vinegar.  
Fry the dry fish in oil and arrange them in pickling jars.



Grind all spices in vinegar. (Do not use water at all – all washing must be done with vinegar).  
Pour the masala over the bottled fried dry fish.  
Add vinegar, if necessary so that the fish is fully immersed and covered.  
Cap the jars - the dry fish pickle is marinated sufficiently after 3 or 4 weeks.  
Use a clean dry spoon to take out only as much fish as you require.  
Fry in a little oil before serving.

## 84. Bombay Duck Pickle

'Bombay Duck' is a fish only found in Arabian Sea, off the coast of Bombay. This unique sun-dried fish, combined and cooked with spices, oil and vinegar lends its characteristic flavour to make this pickle truly one-of-a-kind. The fish is often dried and salted before it is consumed. After drying, the fishy smell is exaggerated, and therefore is stored in air-tight containers. Despite a rather unpleasant odour of the fish, it is considered to be a delicacy by connoisseurs of Indian cuisine. If freshly caught, it is consumed fried in a batter. In its dry form it cooked as a curry or made into a pickle.. The bones of the fish are soft and easily chewable.

### Ingredients:

20 dry Bombay Ducks  
15 red Kashmiri chillies  
1 tsp tamarind  
10 pepper corns  
6 cloves  
5 cm or 2 inch cinnamon stick  
6 cloves of garlic  
2.5cm or 1 inch piece ginger  
1 tsp cumin seeds  
1 big onion roasted on a gas stove  
Vinegar  
1 tbsp sugar  
Oil to fry

### Method:

Clean the Bombay duck with vinegar and cut into 1" in size pieces.  
Grind all the ingredients in vinegar (never use water for pickles) and fry the ground masala in oil till it separates from the oil.  
Cool the masala and then add the cut Bombay duck to it – allow cooking to a simmer for 10 minutes.  
Bottle in pickling jars and cover the fish with the masala and oil for preservation before vacuum packing.  
It preserves well for a year.

## 85. Masala Bombil (Bombay Duck)

### Ingredients:

6 Bombay Duck (dry bombil or Lizardfish)  
½ coconut grated  
8 cashew nuts  
4 green chilly  
8 garlic cloves  
2.5cm or 1 inch ginger  
1 cup coriander leaves  
¼ tsp turmeric powder  
2 tbsp Oil  
1 tsp Lemon juice  
Salt

### Method:

Clean bombil with vinegar and marinate with turmeric powder and salt.  
Set aside for 1 hr.  
Make green paste with coconut, green chili, garlic, ginger, coriander leaves and salt.  
Apply green paste to bombil and keep aside for 20 min.  
Heat oil in a pan and add bombil masala and fish – stir fry until oil separates in 5 minutes.  
Now add lemon juice.  
Allow to cook on low flame for 4-5 min.  
Serve as a meal with rice or roti - lasts one week.

## 86. Chili Coconut Dressing for Asparagus Tempura Salad

### Ingredients:

#### For chili dressing:

¼ cup coconut milk  
¼ tsp chilli powder  
2 tsp peanut butter  
¼ tsp sugar  
2 tsp lime juice  
1 tsp fish sauce (optional)  
¼ tsp mustard powder

#### For asparagus & tempura batter:

6 tbsp all-purpose flour  
2 tbsp cornstarch  
2 tbsp sesame seeds (optional)  
½ tsp salt  
¼ tsp baking soda  
½ cup carbonated or soda water at room temperature

4 ounces fresh asparagus  
3 cups vegetable oil

**For salad:**

4 ounces fresh greens washed and dried (lettuce, spinach, pea shoots, etc.)  
1 slice red onion, halved  
¼ sweet red pepper skins cut into cube  
2 tbsp canned chickpeas  
½ cucumber piece of cucumber sliced thinly  
1 hardboiled egg - peeled and sliced

**Method:**

Prepare dressing by mixing coconut milk, peanut butter, sugar, lime juice, fish sauce and mustard powder until smooth. Set aside.

Make tempura batter by whisking together the flour, cornstarch, sesame seeds, salt, baking soda and soda water;

Cut the washed and cleaned asparagus stalks into finger size pieces and submerge them in the batter.

Heat 3 cups vegetable oil in deep pan until the temperature of the oil reaches 375°.

Using tongs drop batter coated asparagus into the oil and fry until golden brown (for about 90 seconds) and remove into a sieve to drain off excess oil.

Allow the oil to reheat to 375° before frying the remaining batches of asparagus.

Mix the salad ingredients and transfer on plates – decorate with egg slices and top with the asparagus tempura pieces. |

## **87. Ratatouille with Bell Peppers**

**Ingredients:**

2 tbsp olive oil  
6 cloves minced garlic  
1 large onion quartered and thinly sliced  
1 eggplant cubed  
2 green bell peppers cubed in small pieces  
4 large tomatoes chopped into cubes or 2 14 ounce cans of tomatoes  
4 small zucchini cubed into thin slices  
1 tsp dried leaf of basil  
½ tsp dried leaf oregano  
¼ tsp dried leaf thyme  
2 tbsp chopped fresh parsley

**Preparation:**

In a large saucepan heat olive oil and add garlic and onions and cook until softened onion looks transparent.

Add eggplant and bell peppers, stir and cover to allow cooking for 10 minutes, ensuring the eggplant is cooked.

Now add tomatoes, zucchini, and herbs and mix well. Cover the pot and cook over low heat for 15 minutes until eggplant is tender but not too soft.

Do not add tomatoes until the eggplant is cooked – it will turn rubbery otherwise.

Serve with garlic bread, French fries or mashed potatoes.

## Chili Pickles

Mankind has been eating chilies for over 10,000 years. Domesticated in South America, they were brought to India by the Portuguese and now materialize in almost all Indian curries. A variety of chilies are pickled across India. Small ones, plump Andhra chilies, long thin green or red ones, dry red chilies – they can all be pickled. There are over 3000 varieties of chilies across the world and all of them are used for pickling as well as for creating traditional dishes.

Chilies are slit, chopped, crushed, blended and mixed with a variety of spice powders and salt. They are then preserved in an acid medium. Lemon juice, vinegar, tamarind pulp and even yogurt are all low pH group of 'acids' that prevent blight of the preserve. Exposing pickles to solar rays of the sun or heating in the oven to sanitize preserves against microorganisms. Pickles last for months and even longer if stored in a cold place.

### 88. Green Chili and Lime Pickle

#### Ingredients:

400 gms green chilies

4 tbsp mustard seeds

2 tsp turmeric powder

12 limes

400 ml cooking oil

Salt to taste

#### Method:

Grind mustard seeds to a coarse powder.

Cut each lime into eight quarters, slit green chilies and cut them into 2 cm sized pieces.

In a steel bowl, mix powdered mustard seeds, turmeric powder and salt with the green chilies and lime pieces.

Fill mixture in sterilized glass pickling jars bottle or in an earthenware jar.

Heat oil and cover the jar contents with the oil.

Seal the pickling jars loosely with lids.

Tighten the screw caps when the jars cool overnight.

Shake the contents in jars at least once daily for few days.

Pickle is ready for consumption in a week.

## 89. Chili Garlic Paste

### Ingredients:

2 cups dry garlic flakes  
½ cup dry grated coconut  
5 grams red chilies  
5 grams of tamarind  
1 tsp salt (to taste)  
¼ cup mustard oil

### Method:

Put all the ingredients in a blender and blend for 1 minute.  
Add oil if need to blend contents in a crumbly mixture for 3 minutes.

## 90. Chili Sauce

### Ingredients:

6 red bell peppers  
6 hot cherry peppers  
12 cloves peeled garlic cloves  
1 tbsp mustard seeds  
1 tsp of black peppers  
6 oz. can of tomato paste  
1 tsp of lemon Juice  
2 cups white vinegar  
1 tbsp olive Oil

### Method:

Coarsely grind the red peppers and garlic in vinegar and set aside.  
If the peppers are too plentiful to grind, strain the mince and re-use the vinegar to mince the remaining un-minced peppers.  
Heat oil in a pan and splutter the mustard seeds before sautéing the tomato paste.  
Add all the ingredients as well as the minced peppers/garlic and bring to a boil.  
Vacuum pack in sterilized pickling jars

## 91. Dried Chili Relish

### Ingredients:

4 ounces dry chilies  
1 large white onion sliced into wedges  
2 cloves of garlic peeled and sliced  
¼ cup dried raisins or cranberries (optional)  
1/3<sup>rd</sup> cup white vinegar  
1/3<sup>rd</sup> cup of vegetable oil  
1 tsp salt

**Method:**

Slice dry chillies into narrow strips with kitchen scissors to cut them.

Mix all the ingredients in a bowl and bottle in a pickling jar - set aside in the fridge overnight.

Serve as a table garnish.

It only takes 2 minutes to put this together and it really is something a little different – a pleasant surprise for your jaded know-it-all Mexican food lover

## 92. Chilli Mexican Salsa

**Ingredients:**

4 medium tomatoes

1 medium yellow or red onion, finely chopped

1 tbsp olive oil

2 medium carrots peeled and cubed

3 cloves garlic

Juice from one lime

2 tsp olive oil

2 chopped red bell pepper - deveined and seeded

1 tsp. sugar (optional)

2 jalapeno peppers – deveined, seeded and finely chopped

6 sprigs of fresh chopped cilantro

**Method:**

Sauté the garlic and chopped onion in the 1 tbsp olive oil until golden brown – avoid this step if you prefer uncooked onions/garlic. Set aside in a bowl.

Chop tomatoes into ½ inch size chunks – all ingredients should be cut the same size.

Scald the carrots in boiling water for 2 minutes – do not overcook. Rinse under cold water to stop the cooking process and allow cooling.

Mix all the ingredients in a bowl.

This salsa is ready for consumption with tacos, enchiladas, rice, and beans.

This taste of this basic Mexican salsa recipe can be altered with different vegetables and fruits.

Popular ingredients you can add to salsa:

- corn
- black beans
- avocado
- mango
- lime juice
- cream cheese
- sliced almonds
- sour cream

- peaches
- pineapple
- watermelon
- cooked sweet potatoes

### **Useful tips about salsa**

Chop everything about the **same size** when making salsa and **chill it** for an hour or two before serving.

**Fruit salsa** does not hold up as well as an all-vegetable salsa and should be eaten in **one day**.

**Grilling** some ingredients (tomatoes, onions and peppers) before chopping adds a different flavor to the taste of any Mexican salsa recipes.

## **93. Pickled Jalapenos (Escabeche) Recipe**

### Ingredients

- 1 lb jalapeño chile peppers
- 1/3<sup>rd</sup> cup olive oil
- 2-3 medium white or yellow onions, thickly sliced
- 2-3 medium carrots, peeled and thickly sliced
- Florets from half a small cauliflower (optional)
- 1 head garlic -cloves separated but not peeled
- 4 cups apple cider vinegar
- 2 tbsp sea salt
- 2 bay leaves
- ½ tsp dried oregano
- 4 sprigs of fresh marjoram or ¼ tsp dried
- 4 sprigs of fresh thyme or ¼ tsp dried
- 1 Tbsp sugar

### **Method:**

Wash the chillies leaving the stems intact.

Cut a cross in the tip end of each chilli so the vinegar seeps and penetrates the chilli.

Heat cooking oil in a large pan and sauté the chillies, onions, carrots, cauliflower and garlic;

Stir-fry over medium heat for about 10 minutes - turning the vegetable over occasionally.

Add the vinegar, salt, herbs, and sugar and bring to a boil.

Lower the heat and simmer for 5 minutes but make sure the chillies are fully cooked.

Pack in sterilized jars, top with the vinegar and loosely seal with screw top lids.

Steam jars in a hot boiling water bath for 10 minutes before screwing the caps tightly.

Once opened the preserve stays unsullied in the refrigerator for a month or two.

## 94. Vegetarian Chili

### Ingredients:

3 tbsp olive oil  
1 ½ cups chopped onion  
10 garlic cloves chopped  
2 cans red kidney beans  
2 cans dark red kidney beans  
1 envelope taco seasoning or ¼ cup taco seasoning recipe  
1 tsp dried basil  
½ tsp dried oregano  
½ tsp teaspoon dried thyme  
1 can tomato sauce  
3 cups or cubes for vegetable broth  
1 can tomato paste  
3 or more finely chopped jalapeno or Thai chilies

### Recipe for Taco seasoning:

6 tsp chili powder  
5 tsp paprika  
4½ tsp cumin powder  
2½ tsp onion powder  
½ tsp garlic powder  
¼ tsp cayenne pepper

Combine all ingredients in a jar with a tight fitting lid - mix by shaking well.  
This recipe of taco seasoning makes ½ cup or 21 teaspoons.  
Store in a cool dry place stays unsullied for up to 6 months.  
7 teaspoons of this mix will equal one package of store bought taco seasoning.

### Method:

Heat oil in heavy saucepan and over medium-high heat sauté onions and garlic until onions are translucent;  
Add beans, taco seasoning, basil, oregano, and thyme and stir briefly for 2 minutes.  
Mix in tomato sauce, vegetable broth cubes and tomato paste.  
Simmer until thickened to desired consistency, stirring occasionally to prevent sticking during the one hour.  
Season with chili to taste – add salt and pepper as desired;  
Refrigerate until cold then reheat over low heat when ready to serve.



## 95. Green Chili with Mustard Pickle

### Ingredients:

30 Thai green chilies  
1 cup tamarind pulp  
2 tsp salt or to taste  
4 tsp mustard powder  
2 tsp fenugreek seeds powder  
6 tsp sesame seeds powder  
¼ tsp hing  
8 tsp oil  
1 tsp turmeric powder

### Method:

Slit the washed and dried green chilies lengthwise – trim the stalks but do not remove them. Sauté green chilies for 5 minutes in oil but remove them quickly and set aside. In the same pan add tamarind pulp, salt, hing, turmeric powders and stir the mixture as the sauce simmers to thicken the tamarind pulp. Now add mustard powder, fenugreek powder and sesame seeds powder in that order. Finally stir in the previously sautéed green chili. Bottle immediately – it should be ready to eat after 24 hours.

## 96. Green Chili with Mustard

### Ingredients:

30 Thai green chillies  
4 tsp mustard powder  
4 tsp crushed mustard seed  
2 tsp fenugreek seed powder  
3 tsp salt  
1 tsp turmeric  
1 cup mustard oil

### Method:

Slit washed Thai chilli lengthwise and trim the stalks – set aside. Mix all the dry ingredients in a bowl and fill the slit chillies and place them as snugly as possible in sterilised pickling jars – set aside for 24 hours at 100 degrees in an oven. Bring the mustard oil to a boil, cool it to room temperature and pour it in the pickling jars. A minimal layer of oil above the pickled chilli is suggested. Pickle may be consumed after a week of marinating.

## 97. Stuffed Red Banana Peppers (Chilies)

### Ingredients:

1 kg large red banana peppers/chilies  
2 cups mustard oil  
2 tbsp mustard seeds  
3 tbsp cumin seeds  
2 tbsp aniseed/fennel seeds  
5 dry red chilies  
10 tbsp mustard powder  
4 tbsp raw mango powder  
15 tbsp salt  
Juice of 5 limes  
1 tsp asafetida

### Preparation:

Wear new gloves or oil hands before handling chili.  
Wash and thoroughly dry off the water from the chilies and trim the stems.  
Slit the chilies lengthwise to just under the stem.  
Carefully scoop out the inner flesh and seeds and discard.  
Roast the dry red chilies, cumin, mustard and aniseed/fennel seeds in a pan - cool and grind coarsely and place in a bowl.  
Mix in the mustard powder, raw mango powder and salt.  
Add the lime juice to this mixture to make a thick paste.  
Stuff each chili with the paste.  
Place the stuffed chilies in a dry, wide-mouthed glass pickling jar.  
Heat the mustard oil, sauté the hing and pour the oil over the stuffed chilies already in the jar.  
Seal the jar and sun the pickle for a week or more.  
Shake jars each day and ensure the oil coats the chilies well.

## 98. Quick Chili Pickle

### Ingredients:

2 cups green chilies chopped in 2 cm pieces  
¼ cup split mustard seeds without husk  
¼ cup fennel seeds (saunf) powder  
½ tsp turmeric powder  
½ tsp chili powder  
4 tbsp lemon juice  
¼ cup salt

### Method:

Mix all the ingredients and bottle in pickling jar.  
Leave under the sun for 3 days or at 100 degrees in the oven overnight.

The pickle is ready to eat in 3 to 4 days.

## 99. Hot Cherry Pepper (Chili) Chutney

### Ingredients:

½ bushel (20lbs approximately) hot cherry chilies  
2 liters white vinegar  
6 tbsp Classic Pickle Masala (recipe in the book)  
6 tbsp salt  
6 sprigs curry leaves  
6 heads of garlic with cloves peeled  
6 tbsp mustard seeds  
6 tbsp cooking oil  
6 tsp sugar

### Method:

Wash and quarter the cherry peppers and coarsely crush them in vinegar – strain the crushed chili and save the vinegar for re-use.

Sequentially crush all the cherry peppers as well as the garlic.

Heat oil in a large saucepan and sauté the mustard seeds until they splutter – add the garlic mince and sauté.

Add half the minced chili and all the liquid and bring to a boil before stirring in the Classic Pickle Masala.

Add the remaining ingredients and bring to a boil.

Fill chutney in sterilized jars - loosely cover with lids and allow cooling.

Tighten the covers once the jars become vacuum packed (they will be heard ‘popping’).

**For extremely hot chili chutney**, use 15 lbs hot cherry peppers with 5 lbs habanera peppers.

**For medium hot chili chutney**, use 15 lbs cherry peppers with 5 lbs jalapeno or Thai peppers.

**The master recipe** above makes standard mild chili chutney.

## 100. Topa Kooler Chutney (Bengali Plum Chutney)

### Ingredients:

250 gms damson or Indian Plum (topa kool)  
1 tsp mustard oil  
3 whole red chillies  
½ tsp mustard seeds  
3 tbsp sugar  
3 cups water  
½ tsp salt or to taste

**Method:**

Trim off stems from the plums and wash.

Press at one pole of the fruit and remove seeds – set aside.

Heat oil in the pan and sauté the mustard seeds until they splutter – sauté the dry red chili.

Add the plums and salt - stir and cook for 5 minutes.

Add water and sugar - simmer for about 15 minutes.

Cool and serve.

## 101. Capsicum Paneer Wrap

**Ingredients:**

2 cups all purpose flour

4 tbsp oil

½ cup milk

1½ tsp salt –

½ tsp black pepper

½ tsp Baking powder

100 gm Paneer

1 capsicum - 1

1 grated onion

½ cup cabbage

4 green chilies

1 tsp Paste of ginger and garlic

1 tsp garam masala

**Method:**

Fry onions in heated oil.

Add cabbage, capsicum, chili and stirfry well.

Add rest of the ingredients including the paneer – once cooked, stir in the garam masala and set aside.

Knead dough and divide it into golf-sized balls of dough.

Flatten dough balls into purees.

Fill purees with cooked vegetables with the given ingredients to make rolls.

Rolls of dough with stuffing should be sealed on the two open ends.

Deep fry to a golden brown.

## 102. Tomato Kasundi (Bengali Mustard)

**Ingredients:**

2 tbsp black mustard seeds

2 cups malt vinegar

250g fresh ginger

20 cloves garlic

30 ml vegetable oil

30 large red chillies (banana peppers) or any of your choice  
2.5kg ripe tomatoes  
2 tbsp ground turmeric  
6 tbsp ground cumin  
2 tbsp chilli powder  
1 ½ cups sugar  
1 ½ tbsp salt or to taste

**Method:**

Soak mustard seeds overnight in vinegar and puree in blender.  
Add ginger and garlic and blend further until the paste is smooth  
Halve peppers lengthwise.  
Blanch tomatoes peel and dice.  
Heat oil until smoking and then allow it to cool a little.  
Now stir in turmeric, cumin powder, chilli powder, garlic and ginger/mustard mix, tomatoes, halved chillies and the sugar and salt mix.  
Simmer for about an hour until the oil starts to float.  
Bottle in sterilized jars – vacuum pack and allow maturing for one week before using.  
This kasundi will keep for months.

### **103. Mustard Relish (Bengali Kasundi)**

**Ingredients:**

250 gms fresh red hot chiles  
2 tbsp mustard seeds  
10 peeled garlic cloves  
1 small green mango, peeled and shredded  
1 tspn salt or to taste

**Method:**

Combine all ingredients and blend smoothly.  
Bottle in a sterile clean jar – keeps fresh for 2 weeks in the refrigerator.  
Ingredients make ½ cup o relish.

### **104. Kasundi of Sliced Mangoes**

**Ingredients:**

2 kg green mangoes peeled, finely sliced and sun-dried for 4 days or in the oven on a tray at 100 degrees  
2 tamarind lemon-sized balls soaked in 1 cup vinegar for 1 hour  
2 cups jaggery soaked in 1 cup vinegar

2 cups sesame / groundnut oil  
1 tbsp garlic finely chopped  
2 tbsp or 1 ounce freshly chopped ginger  
1 ¾ cup white vinegar

**Grind to a paste with 4 tbsp vinegar:**

10 dry red chillies  
2 tbsp turmeric powder  
100 g mustard seeds  
2 tbsp sliced ginger  
1 tbsp sliced garlic  
100 g cumin seeds  
100 g fenugreek seeds

**Method:**

Crush the tamarind and remove the solids – save the pasty extract and set aside.  
Boil together the jaggery and vinegar mixture until blended.  
Heat the oil in a wok, fry the garlic and ginger for 3 - 4 minutes and add the ground chilli paste.  
Stir-fry for 3 - 4 minutes and add the mango slices, jaggery mixture, tamarind extract, and vinegar - cook for 15 minutes till well blended.  
Add salt as required and vacuum pack in sterilized jars.

## 105. Mango Salsa

**Ingredients:**

1 semi ripe mango  
½ chopped onion  
2 chillies finely chopped  
½ large size ripe tomato diced  
½ cucumber finely sliced without seeds  
½ green bell pepper finely sliced  
4 tbsp cilantro leaves chopped  
1 tsp lemon juice  
½ tsp black pepper  
¼ tsp salt or none at all  
½ tsp paprika or red dry chillie flakes  
¼ tsp sugar

**Method:**

Mix all ingredients in a bowl – set aside for 5 to 10 minutes before serving as a salad or with bread or spiced rice dish.

## **Murabba**

Murraba is fruit or vegetable crystallized in sugar. Authentic murabba requires the creation be boiled at least twice after cooling and storing in between periods. Each time the fruit must be immersed completely in the syrup. The mature product is served as a dessert or with icecream.

Once the fruit is cut, it is left in salted water to prevent discolouring. The final syrup must reach a half-thread consistency.

### **106. Apple Murabba**

#### **Ingredients:**

½ kg cooking apples peeled and cored  
2 ½ cups water  
½ kg sugar  
¼ tsp citric acid  
3 tsp alum powder

#### **Method:**

In a large pan bring to boil water and the alum.

Place peeled cored apples n the alum water and cook until done.

Wash cooked apples with copious amounts of cold fresh water and set aside.

Make two-thread syrup with the sugar and water and allow cooked apples to soak in the syrup for 2 days.

Cook the apples with citric acid to make a half thread syrup consistency and set aside for 4 days.

Re-boil the murabba and place in sterilized pickling jars – vacuum pack murabba completely immersed in the sugar syrup.

### **107. Mango Murabba**

#### **Ingredients:**

1 kg green mangoes  
750 gms sugar  
3 cups water  
¼ tsp citric acid

#### **Method:**

Peel and cut into slices mangoes and place in muslin cloth.

Dunk the muslin cloth with the sliced mango in boiling water for 15 minutes or until the fruit becomes soft.

Drain well and set aside.

Make 3 thread syrup consistencies with the sugar and water and cook the scalded fruit in it.

Bottle in picking jars and seal when cooled;

## 108. Carrot or Ginger Murraba (Candy)

### Ingredients:

1 kg carrots or cleaned ginger  
1 kg dugar (4 cups)  
3 cups water  
1/3<sup>rd</sup> tsp citric acid

### Method:

Scrape, wash, slice and blanch carrot or ginger in boiling water.

Remove from water and place in pan with sugar and water until the syrup becomes sticky.

Stir in the citric acid and set aside for 24 hours.

Cook again till the syrup becomes sticky and bottle in murabba jars.

**To make candy**, allow the syrup to attain a three-thread consistency – drain extra syrup off and coat the ginger or carrot with castor or powdered sugar.

Pack in dry jars.



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