

Recipe

Hot Tomato Chutney

By

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Ingredients

- ½ C oil
- 2 dried red chilies
- 1 Tsp mustard seeds
- 1 Tsp cumin seeds
- 1 Tbsp chopped ginger
- ½ Tsp yellow asafetida powder
- 2 hot green chilies, chopped
- Walnut sized small tamarind piece (you may reduce the amount if desired)
- 1/3 C cashews or peanuts

- 9-10 fresh curry leaves
- 5 C chopped tomatoes
- 1½ Tsp salt

Tempering:

- 2 Tsp oil, 1 small dried red chilly, ½ Tsp mustard seeds, ½ Tsp cumin seeds, 1 tsp urad dal, ½ Tsp yellow asafetida powder, 1 sprig fresh curry leaves

Preparation

1. Heat oil in a pan over moderate heat. Add red chilies, mustard seeds and cumin seeds. When the seeds crackle and darken a bit, add ginger, asafetida, green chilies, tamarind, cashews and curry leaves. Reducing the heat stir-fry all the spices in the oil until aromatic. Add the tomatoes and mix well. Cook on a low flame, partially covered for 40-45 minutes or until the tomatoes are reduced and leave oil on top. Add salt. Remove from heat and allow to cool for 10 minutes. Blend the cooked tomato chutney in a food processor to a coarse thick paste. (You may add water while blending as needed). Transfer the chutney to a bowl.
2. Heat oil in a small sauté pan over moderate heat. Add chilly, mustard and cumin seeds. When they crackle, add urad dal. Fry until the dal is golden. Add asafetida and curry leaves. Fry for 20 seconds and quickly add to the chutney. Stir to mix.

** Don't try to cook this chutney fast, as this taste the best when cooked over low heat for a longer time for 45 minutes to 1 hour.

** You may adjust the hotness (chilies) and sourness (tamarind) in this chutney according to your taste.

** In South India this chutney is eaten as a side dish for rice, dosas, idlis, upma or chapatis.

** This chutney keeps well in the refrigerator for 4-5 days.

Yield

2 Cups of Tomato Chutney

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