

## Recipe

### Cooked Mango Pickle

## By

Ananda Lila devi dasi



## Ingredients

- ½ C oil
- 1 Tsp black mustard seeds
- ¾ Tsp yellow asafetida powder
- 1 Tsp turmeric powder
- 4 C peeled and grated green mango (2 big green mangoes would yield this amount)
- 2- 4 Tsp red chili powder (use as required by you)
- 2 Tsp salt
- 1 Tsp fenugreek seeds

## Preparation

1. Heat oil in a heavy bottomed saucepan over moderate heat. Add the mustard seeds. When they crackle, add ¼ Tsp asafetida powder. Add turmeric and quickly add the grated mango and chili powder. Reduce the heat to low and cook uncovered for 1½ - 2 hours, stirring often to avoid the mangoes sticking to the pan.
2. While the mangoes are cooking, dry roast the fenugreek seeds and the remaining ½ Tsp asafetida over medium-low heat. Transfer to a grinder and grind it to a fine powder.
3. When the mangoes are cooked and reached a thick consistency and brownish in color, the oil would come on top. Now add the salt and the grinded spice powder. Cook for another couple of minutes and remove from heat. Cool and store in an air-tight container in the refrigerator. This would keep good for 3-5 weeks.

\*\* This is a South Indian style pickle called “Manga Thokku” often eaten as a side dish for rice, dosas, idlis and chapatis.

\*\* Cooking this dish requires a little patience as it takes longer to cook. But, once done the taste is out of the world!

\*\* Always use a clean and dry spoon to serve the mango pickle. Using a wet spoon spoils the pickle and it won't last long.

\*\* The hotness of this pickle would reduce as the day passes. So, use chili powder according to the hotness desired.

\*\* For a more clear understanding the stages while cooking this dish are shown below to avoid under-cooking or over-cooking.



**Yield**

1½ Cups of mango pickle

**For further details please contact**

[anandliladd@gmail.com](mailto:anandliladd@gmail.com)

[www.iskcondesiretree.com](http://www.iskcondesiretree.com)

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Hare Rama Hare Rama Rama Rama Hare Hare**