

Recipe

Methia Mango

By

Bhaktin Archana



Ingredients

- Raw mango – 2 ½ Kilo.
- Fenugreek seeds powder -300 gms.
- Red chili powder -350gms.
- Salt -400 gms.
- Turmeric powder -1 tbsp.
- Asafetida - 1 ½ tsp
- Castor oil or sesame seed oil or groundnut oil – 1 ½

For the Sambhar:

- Clean fenugreek seeds powder.
- Take it in a big thali, mix turmeric powder, red chili powder, salt and asafetida.
- Mix castor oil (do not heat) and mix the sambhar powder.
- Till the oil touches one's hand.
- If you add, heated oil the sambhar becomes black.
- Prepare the pickle on the same day.

Preparation

1. Wash dry mango first.
2. For filling the whole mango; cut from the black side cut length and breadth wise to 1 ½ of mango. Press and fill with the sambhar.
3. Take a big jar, and spread sambhar first.
4. Over it arrange 2-3 layers of raw mango.
5. Again put the sambhar. Repeat the process.
6. On the top, spread sambhar powder.
7. Clean the sides of the jar.
8. Cover with a lid and tie with a cloth.
9. Invert a pot over the jar.
10. Next day, press the mangoes.
11. Repeat the pressing for 3-4 days.
12. Then pour oil, which is already be 2-3 inch above the raw mangoes.

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare