

Recipe

Pickled Carrots

By

Anand Lila devi dasi



Ingredients

- 300 gm carrots, peeled and cut thin 2.5 inch long
- 1 inch ginger, peeled and cut julienne style
- 2 green chilies cut into thin strips
- $\frac{3}{4}$ Tsp salt
- $\frac{1}{4}$ Tsp turmeric powder
- $\frac{1}{4}$ Tsp red chili powder
- 2 Tsp fresh lemon juice
- 1 Tsp oil
- $\frac{3}{4}$ Tsp black mustard seeds
- $\frac{1}{2}$ Tsp yellow asafetida powder
- $\frac{1}{2}$ Tsp fenugreek seeds

Preparation

1. Boil or steam the carrots until half cooked. Drain.
2. In a mixing bowl, combine the half cooked carrots, ginger, chilies, salt, turmeric, red chili powder and lemon juice. Toss well.

Heat the oil in a small pan over moderate heat; add the mustard seeds, when they crackle, add the asafetida, and fenugreek seeds. Quickly remove from heat. Cool the seasoning in the pan for 2 minutes and then add to the carrots.

Yield

2 Cups

For further details please contact

anandliladd@gmail.com

www.iskcondesiretree.com

**Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare**