

Add flavours or seasonings of our choice.

Tamarind & Jaggery Chutney – sweet & sour

Servings 400 Gms Prep Time 2 hours| Cook Time 5-7 mins

Ingredients

125 Gm Tamarind

Spices for boiling :-

¼ cup of brown sugar

¼ cup or 3 TBsp jaggery or ¼ cup
brown sugar

1 black cardamom

2 TBsp cumin powder

1 TBsp dry fennel

1 TBsp red chilli powder

1 tsp salt

¼ tsp garam masala

Some slices of ginger

1. Soak Tamarind for minimum 2 hours to max over night. If you don't have 2 hours, you can add boiling water & leave it for few minutes.
2. Now sieve. Take out the stones. Either you can blend the pulp or use it just like that after mixing water.
3. Boil with the spices for 5 min on medium heat. Adjust the water & spices seasonings.
4. Take out the ginger slices & store in a fridge after it cools down.
5. When you add in your dish, you can add either boiling water or yoghurt in a spoon or 2 of your chutney, depending on your dish. That will improve the consistency.
6. Don't add yoghurt before hand as it will reduce the life span in the fridge.

People take tamarind for constipation, liver & gall bladder problems.



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