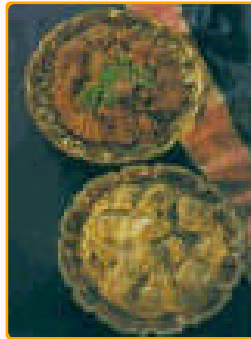


CHUTNEYS

M. Prema Surendranath



CARROT CHUTNEY

INGREDIENTS:

Carrot gratings - 2 cups
 Coconut gratings - 2 tbsps
 Green chillies - 4 to 5
 Coriander leaves - a small bunch
 Lime juice - 1tsp
 Mustard seeds - ¼ tsp
 Cumin seeds - ¼ tsp.
 Refined oil - 1tsp
 Salt to taste



METHOD:

Grind into a coarse paste all the ingredients except lime juice. Heat oil, add mustard & cumin seeds. When they crackle, add the ground chutney & fry till the moisture evaporates. Remove from fire. Allow to cool & add lime juice.

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URAD DHALL CHUTNEY

INGREDIENTS:

Urad dhal - ½ tbsp
 LG asafetida - ½ marble size
 Red chillies - 6 nos
 Grated fresh coconut - 1 cup
 Oil - 1 tsp
 Salt - ½ tsp
 Tamarind to taste



METHOD:

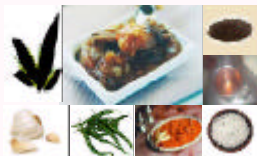
1. Heat a small kadai with 1tsp oil, add the asafetida, fry till it gets roasted, add urad dhal, fry till the color changes into golden brown, then add red chillies & fry for few minutes.
2. Then add the coconut grated & fry for few minutes.
3. Soak the tamarind .
4. Add the fried things to the mixie, add the tamarind & salt & grind into chutney. The chutney should be Of medium consistency.

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GONKURA CHUTNEY

INGREDIENTS:

Gonkura leaves - a big bunch
 Garlic - 1 pod
 Green chillies - 3 nos
 Red chilli powder - 1½ tsps
 Salt - 1tsp
 Gingilli oil - 1tbsp
 Mustard seeds - a few



METHOD:

1. Wash well the gonkura leaves in water until the mud is thoroughly removed & chop into fine pieces.
2. Peel the garlic pearls & finely chop lengthwise.
3. Wash the green chillies & roughly powder the green chillies, salt & red chilli powder together.
4. Heat a kadai, with gingilli oil, sauté with mustard seeds, add the slit garlic, fry till golden brown.
5. Then add the cut gonkura leaves & fry till the leaves become soft. & well mashed..
6. Finally add the crushed ingredients to the leaves & mix well. You can add some more oil if needed and fry the chutney till nicely done. Gingilli oil tastes better, especially for chutneys. This chutney goes well with hot rice.

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1. CURD CHUTNEY

INGREDIENTS :

Fresh curds - 2 cups
 Riped green chillies - 3 to 4
 Fresh grated coconut - ¼ cup
 Jeera -1 tsp
 Salt - ½ tsp
 Turmeric powder - ½ tsp
 Refined oil - 1tsp
 Mustard seeds - 1tsp



METHOD:

1. Grind the coconut, riped chillies, jeera, turmeric powder & salt & mix this chutney in the thick curds, beat with a spoon, adding half cup more water.
2. SAUTE with the mustard seeds & serve with hot idlies.

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2. COCONUT CHUTNEY

INGREDIENTS:

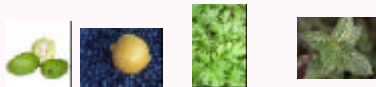
Fresh coconut - 1 cup
 Green chillies - 3 to 4
 Fried gram - 2 tbsps
 Tamarind - to taste
 Salt - 1tsp
 Urad dhall - 1tsp
 Mustard seeds - 1tsp
 Oil - 1tsp



METHOD:

Add coconut, green chillies, fried gram, salt & tamarind & grind into coarse chutney adding enough water. Saute with mustard seeds & urad dhal adding oil.

N.B:



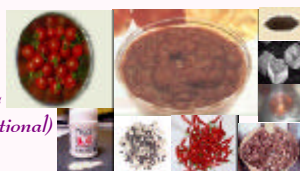
1. Instead of tamarind, you can add quarter raw mango, cutting into fine pieces & grind. This is mango chutney.
2. Grind the coconut chutney with all other ingredients without tamarind & add juice of one lemon. This is lemon chutney.
3. We can add coriander leaves or mint leaves along with the above ingredients to make pudina or coriander chutney

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TOMATO CHUTNEY

INGREDIENTS:

Tomatoes - 1/2 kg
 L.G asafoetida - 1/2 tsp
 Urad dhall - 1 tbsps
 Red chillies - 5 to 6 nos
 Tamarind - Very little (optional)
 Oil - 1tbsp
 Salt - 1/2 tsp
 Mustard seeds - 1/2 tsp



METHOD:

1. Wash the tomatoes well, cut into medium size pieces & keep aside.
2. Heat the kadai with little oil, fry the asafoetida, then add the urad dhal, fry till golden brown & add red chillies & fry for a while.
3. Transfer the fried things to a mixie roughly powder.
4. Add little oil to the kadai, add the tomato pieces & fry till they become soft & all the water content is evaporated. Add to the mixie. When the tomato pieces are cool, add tamarind & salt & prepare the chutney in mixie. Saute with mustard seeds.

N.B: This chutney suits idlies as well as hot rice.

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RIDGEGOURD CHUTNEY

INGREDIENTS:

Ridgegourd - ½ kg
 Red chillies - 4 nos
 Green chillies - 4
 Fresh grated coconut - ¼ cup
 Tamarind to taste
 Salt to taste
 Refined oil - 1tbsp
 Mustard seeds - 1 tsp
 L.G asafoetida - ½tsp
 Urad dhall - 1 ½ tbsp.



METHOD:

1. Heat a handy kadai with little oil, roast the asafoetida, add the urad dhall & fry until golden brown, then add the red & green chillies, fry & add the grated coconut & fry for a while & remove in a plate.
2. Wash well & cut the ridgegourd into small pieces . Add some more oil to the kadai, heat & add the ridgegourd pieces & fry in medium flames till done & the extra moisture is evaporated.If salt is added, they will become soft evenly.
3. Soak tamarind in water.
4. In a mixie, add the fried dhall,chillies& coconut mixture, powder roughly. Then add the cooked pieces, tamarind & water & prepare the chutney coarsely.

N.B:This chutney suits idlies as well as hot rice.

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BRINJAL CHUTNEY

INGREDIENTS:

Big brinjal -1
 L.G. asafoetida -½ tsp
 Red chillies - 5 to 6
 Urad dhall -1½ tbsps
 Small onions -15 nos
 Tamarind to taste
 Salt to taste
 Oil -1tbsp
 Mustard seeds - ½ tsp



METHOD:

1. Wash the big brinjal & roast on the gas in sim flames turning on all the sides. When properly done, peel the skin & split into pieces , smear a little salt & keep aside.
2. Heat a handy kadai with little oil, fry the L.G. asafoetida till crisp, add the urad dhall & fry till golden brown, add the red chillies & fry.
3. Peel the small onions & keep aside.
4. Soak the tamarind in a little water.
5. Put the fried ingredients in a mixie, powder coarsely with salt, add peeled small onions & brinjal along with the tamarind & grind the chutney coarsely.
6. Saute with mustard seeds.

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CORIANDER CHUTNEY WITH TAMARIND

INGREDIENTS:

Coriander leaves - a big bunch
 L.G asafoetida - a pinch
 Green chillies - 3 to 4
 Tamarind - ½ lemon sized ball
 Salt -½ tsp
 Mustard seeds - to saute
 Refined oil - 1tsp



METHOD:

1. Wash the coriander leaves in plenty of water till the mud is removed thoroughly.
2. Soak the tamarind in water & grind the coriander leaves, green chillies, asafoetida, salt along with soaked tamarind. Add a little water if needed.
3. Saute with mustard seeds.

N.B:

This is good for diet conscious people, as there is no coconut & fresh greens are added liberally. Reducing coriander leaves, we can add a lot of washed mint leaves also.

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ONION CHUTNEY

INGREDIENTS:

Onions - 1kg
 Red chillies - 8 to 10
 Fresh grated coconut - ¼ cup
 Fried gram - 1½ tbsps
 Tamarind - 1tsp
 Salt - 1tsp
 Jaggery - 1tbsp
 Curry leaves - a bunch
 Mustard seeds - 1tsp
 Refined oil - 1tbsp



METHOD:

1. Soak the tamarind in water.
2. Grind the onions, red chillies, fried gram, soaked tamarind, grated fresh coconut salt & jaggery in the mixer coarsely.
3. Heat a kadai with a tbsp of refined oil, sauté with mustard seeds & curry leaves, add the ground chutney & fry till the raw smell goes & nice aroma comes & serve with rice flakes dosas.

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PALAK CHUTNEY

INGREDIENTS:

Palak - 1 big bunch
 Green chillies - 3 to 4
 Lemon juice - 2 tsps
 Garlic pearls - 3
 Refined oil - 1 tsp
 Salt to taste



METHOD:

1. Heat the oil, fry the washed palak and green chillies and grind along with garlic and salt and add lemon juice and serve with the rice.

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RAW TAMARIND CHUTNEY

Soft thin dosas goes well with raw tamarind chutney.

INGREDIENTS:

Raw tamarind pods - 3 to 4
 Fresh grated coconut - $\frac{3}{4}$ cup
 Green chillies - 5 to 6
 L.G asafoetida - a pinch
 Salt - $\frac{1}{2}$ tsp
 Mustard seeds - $\frac{1}{2}$ tsp
 Oil - 1 tsp



METHOD:

Wash well & cut the tamarind pods and grind with the other ingredients & saut with mustard seeds & serve along with the dosas.

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