

Meetha Chutney (Sweet & Sour Condiment)

Show: ☐ June 20th

This chutney, along with Mirchi Chutney is a staple in many of street vendors' carts.

Ingredients: About 1 ½ cups

1 ½ cups Water

1 Tbl Tamarind concentrate*

1 ½ cups Chopped seedless dates

Pinch Ground red pepper (cayenne)

Pinch salt

*(Tamarind concentrate is available in plastic jars in Indian, Latin, Asian and Middle Eastern grocery stores.)

Procedure:

In a large saucepan, whisk together the water and tamarind until the tamarind dissolves. Add the remaining ingredients and bring to a boil over medium-high heat. Lower the heat to medium and simmer, uncovered, 4 to 6 minutes or until the mixture is slightly thickened. Remove from the stove and cool 5 to 10 minutes.

Transfer the mixture to a blender and puree until smooth. Refrigerate in a glass, plastic or stainless steel container (the highly acidic tamarind will react with certain metals) for up to a week or freeze for up to a month.

Recipe from The Turmeric Trail by Raghavan Lyer, CCP, St Martin Press 2002

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