

## Mirchi Chutney

(Green Chilies Condiment)

**Show:** June 20th

---

**Ingredients:**Serves 1/3 cup

½ cup coarsely chopped fresh cilantro  
¼ cup Water  
8 to 10 Chilies, fresh Thai, cayenne or Serrano  
1 tsp coarsely chopped gingerroot  
½ tsp Salt

Adventurous endorphin-rush seekers may want to throw a few extra chilies into the blender.

**Procedure:**

Puree all the ingredients in a blender until smooth.  
This will keep in the refrigerator or 4-days or in the freezer for a month.

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

[« Back to List of Recipes](#)