

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

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