



Mad for mangoes

TANGY & HEALTHY
BY ASMA AZIZ

ONE of our most delightful summer treats are the wonderful mangoes, both green and ripe, that grow across the country. Although sliced fresh mangoes are an indulgence in themselves, the flavour can be enjoyed in many ways, including in desserts, savoury dishes as well as beverages.

On top of the great taste, eating mangoes, particularly in the summer heat, has several important health benefits. They are rich in Vitamin C, but are also said to help in coping with the heat by controlling secretion of excess salt in sweat. They also help to soothe digestion, keeping the stomach cool.



Easy Kashmiri aachar

Ingredients:

1 kg green mango
2 to 2½ kg sugar
2 cups vinegar
5 tbsp dry red chilli (cut into rings with scissors and seeds removed)
½ cup ginger, thinly sliced
1/3 cup garlic, thinly sliced

Method:

Wash the mangoes and peel off the skin. Cut the mangoes into thin slices and mix with sugar and leave for an hour. Put vinegar in a pot and bring it to a boil. Add mango, chillies, ginger and garlic. Cook on slow fire until syrup thickens and mango slices are soft but not soggy. Put in glass jar when cold.

Green mango aachar

Ingredients:

4 medium-sized raw mangoes (stone



removed and cut into small pieces with the skin intact)
2½ tsp salt
1 tsp turmeric powder
¼ cup finely sliced ginger
8 dry red chillies
2 tbsp paanch phoron
4 tbsp and some more mustard oil
2 tsp vinegar
¼ tsp asafetida (hing)
4 green chillies (chopped)

1 tbsp sugar

Method:

Mix together mango, salt, turmeric and ginger very well and put in sun for 4 to 6 hours. Dry-roast the dry red chillies and paanch phoron until fragrant and light brown in colour. Grind to a coarse powder when cool. Now heat 4 tbsp of oil and add mango mixture, sauté for 5 minutes. Remove from the heat, add vinegar,



with the power of real lime juice



Degreases in one wipe

