



DESHI MIX

BY SALINA PARVIN

# Green all the way

## GREEN MANGO PICKLE

The term pickle is derived from the Dutch word 'pekel', meaning 'brine'. Pickling began 4000 years ago using cucumbers native to India. This was used as a way to preserve food for out-of-season use and for long journeys, especially by sea. Pickles are also made and eaten because people enjoy the resulting flavours. South Asia has a large variety of pickles known as achar, which are mainly made from mango, lemon, tamarind, chilli, garlic, vegetables, etc. These fruits and vegetables are generally mixed with ingredients like salt, spices, and oils and are set to mature in a moistureless medium.

### Ingredients

4 cups of mangoes with skin, cut into cubes  
2 tbsp salt  
2 tsp turmeric powder  
1 tsp asafetida powder  
1 tsp fenugreek seeds powder  
3 tbsp mustard seeds powder  
3 tbsp red chilli powder  
1 tsp nigella seeds  
1 tsp fennel seeds  
1 cup mustard oil

### Method

Wash the mangoes and dry them completely. Cut them into one inch cubes. In a large bowl, combine salt, turmeric powder and mangoes. Allow it to marinate overnight or 7-8 hours until the mangoes release a large quantity of water. Drain the water from the mangoes. Dry the mangoes on paper towels for about 6 hours or overnight, so they lose the excess moisture.

Heat a small pan on medium heat, roast the coriander seeds. Turn off heat and allow it to cool. Once cooled, using pestle and mortar to coarsely crush the coriander seeds to half, combine the mangoes, remaining salt and all the ingredients except oil in a large bowl.

Fill the above mixture tightly into a bottle and keep aside covered for a day. Heat oil in

a pan; bring it to a boiling point. Allow it to cool completely while covered. Add cooled oil to the bottled mango pickle mixture. It takes approximately two to three weeks for the pickle to marinate itself and get the flavours from the spices. The best flavour and the right tenderness in the pickle come after a couple of months of marination.

## AAM PANNA

This is a tasty, juicy and sweet beverage. This



is like a sour version of a regular mango juice. It's a great summer cooler and very easy to make.

### Ingredients

2 raw mangoes  
2 cup water  
½ cup sugar  
¼ tsp cardamom powder  
Salt to taste

### Method

Wash and peel the mango. Cut them into chunks. Mix mango chunks with sugar and

water. Boil them till the mangoes turn soft. Let this cool. Now blend it well. Add cardamom powder and salt. Mix well. Serve chilled.

## GREEN MANGO RAITA

This is similar in flavour to cucumber raita, only a little sourer. But the green chillies and coriander leaves balances it well. Serve it as a side dish to paratha, naan, biryani or pulao.

### Ingredients

2 green mangoes  
500g yoghurt  
3 green chillies  
2 tsp oil  
2 tsp chopped coriander leaves  
Salt to taste  
For tempering/seasoning -  
¼ tsp mustard seeds  
2 whole red chillies

### Method

Peel and grate the raw mangoes. Sprinkle ¼ tsp salt over it and leave it for a few minutes.

After a while, squeeze the water from the mango. Add salt and grated mango to the yoghurt. Heat oil in a pan; add the seasoning ingredients and green chillies. When the mustard starts to splutter, remove from heat and add this to the above yoghurt mixture. Garnish with coriander leaves. This raita can be served as a dip or with rice.

## GREEN MANGO MURABBA

Murabba is an Arabic word meaning to 'preserve'. It is basically a two-ingredient recipe, mango and sugar. Mango and sugar both are cooked till you get a jam like consistency. It is best to use non fibrous hard mangoes in order to make Murabba.

### Ingredients

1 kg green mango, 3 cup water, 1½ kg sugar  
½ tsp cardamom powder

### Method

Wash raw mangoes, peel off and cut into halves. Prick the mangoes lightly, using a fork. Soak them in water for two hours. Drain out water and soak them in fresh water again. Once again drain out the water of mangoes. Cook sugar in water until it dissolves and add mangoes in it. Cook at a slow flame for 30 minutes. Add cardamom powder in it. Mix well and cook for some time. Take off from heat. Allow it to cool down and store.

## CHICKEN TIKKA WITH GREEN MANGO

The word tikka means "bite" or "pieces". Chicken tikka is a chicken dish originating in South Asia and it remains popular in India and Pakistan. It is traditionally a dish comprising small baked pieces of boneless chicken using skewers in a clay oven, called a tandoor. Essentially it is a boneless version of tandoori chicken. It is typically eaten with

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