

1 tbsp oil, 1 tsp mustard seeds
 ¼ tsp turmeric powder
 2 dried red chilli, deseeded, Salt to taste
 ½ tsp of sugar, just to balance the sourness
 of olive (optional)

Method

Boil red lentils with 2 cups of water and a pinch of turmeric powder in a pan. Cook the red lentils until tender. Heat oil in a pan. Add mustard seeds and dried deseeded red chilli. As they stop spluttering, add the olive pieces. Add a little salt. Cover and cook till the olive pieces are half cooked. Add the boiled lentils. Let it simmer for 5 minutes. Taste the seasoning, and add sugar. Remove from heat. Serve with plain rice.

SPICY WHOLE OLIVE PICKLE

Tangy pickles or tantalising chutneys can make even the dulllest of dull meals full of fun. Preserving helps strengthen the flavours and aromas of the ingredients so you get most of it in each spoonful and each



bite. Pickles and chutneys are the secrets to a good well rounded meal.

Ingredients

20 large olives
 20 cloves of garlic
 1 tbsp ginger paste
 1 tbsp mustard seeds powder
 1 tsp whole mustard seeds
 1 tbsp 'paanch phoron' (five spice) powder
 1 tsp whole 'panch foron' (five spice)
 5 whole red chilli, powdered
 1 tsp red chilli powder
 ½ tsp turmeric powder
 ½ tsp cumin powder, ½ cup vinegar



2 tbsp sugar
 1 cup mustard oil,
 Salt to taste

Method

Boil the olives until half tender. Remove from heat and drain the water. Put all spice powder to a bowl and make a paste with little vinegar. Add olive and mix well. Keep it aside for 15 minutes. Heat oil in a pan. Add whole mustard seeds, whole five spice and whole red chilli. Sauté it for a few minutes, and add whole garlic cloves, ginger paste and salt, stir well. Then add olive mixture, sugar, vinegar and stir. Cover the pan with a lid and cook for 15 minutes on low heat. Stir occasionally.



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