

OUR FAVORITE RECIPES

Atchar



Ingredients:

- 1 ½ kg (3 lb) unripe mangoes, chopped
- 4 tablespoons garlic and herb salt
- 3 tablespoons chili powder
- 2 tablespoons cumin powder
- 1 tablespoon ground coriander
- 3 tablespoons curry powder
- 1 ½ cups raw honey or fructose
- 2 cups balsamic vinegar
- ½ cup corn or potato flour
- 2 tablespoons mustard seeds
- A handful of curry leaves
- 1 ½ cups olive oil or cold pressed sunflower oil

Atchar is a spicy condiment, often eaten with a curry. It comes from the Indian cuisine in South Africa. In India, it's spelled Achar, and the word means pickle in Hindi. Usually the atchar made in South Africa is made with unripe green mangoes and chilies. The whole mango is used for making atchar.

This traditional mango Atchar is easily made at home. Adjust the amount of chili to your liking and serve with a vegetable curry or a sirloin steak.

Preparation:

Simmer all the ingredients except the mangoes and the oil, until all thickens. Pour over the mangoes, add oil, mix well. Cool and refrigerate for at least 12 hours before using.

