

Source: http://indianfoodsite.com/basicrecipes_chutneys.htm

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Mixed Vegetable Pickle

1 green bell pepper	¼ tsp turmeric powder
1 red bell pepper	5 tsp mustard seeds
½ mango	1 tsp fenugreek seeds
1 carrot, grated	1 tsp whole black pepper
4 green chillies, seeded and cut lengthwise	½ tsp mustard powder
2 tsp ginger cut lengthwise	1cup mustard oil
¼ tsp chilli powder	¼ cup oil

METHOD

- Wash, peel and cut the vegetables (best into long slices)
- Blanch the vegetables in hot water for 10 to 15 minutes: then drain.
- Mix all the veggies, add salt, chilli powder, turmeric powder, mustard powder, black pepper, lemon juice and keep aside.
- Mix mustard and fenugreek seeds and make a fine powder.
- Add the powder to the mixed veggies immediately
- Finally add vegetable oil and mustard oil. Mix well.
- Cool, put in a jar and keep it for 10 days before using.

Serve with fried rice, or stuffed parathas, rotis or add to the sandwich

Note:

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