



Mint Chutney

Mint Chutney is a popular Indian condiment that can be eaten with Vegetable Samosas (page 50), Vegetable Pakora Fritters (page 49), Chicken Tikka Kebabs (page 48) or anything you wish to dip in it! Making a chutney usually involves crushing something and here we crush the mint leaves and onion together in a food processor to create a fresh and bright tasting, no-fuss chutney. Traditionally, crushed dried pomegranate seeds or dried mango powder (*amchoor*) are added for tart flavor but I add lime juice instead since it is easily available. I remember as a child having the tedious job of picking mint leaves from my mom's garden when she was going to make this chutney and now, I pick the leaves from my own garden!

MAKES ½ CUP (100 G)

PREP TIME 10 minutes **REFRIGERATOR LIFE** 5 days

FREEZER LIFE 1 month **DEFROSTING METHOD**

Thaw the frozen chutney by placing in the refrigerator, or at room temperature. Stir and serve either chilled or at room temperature.

½ small onion, coarsely chopped

1½ cups (30 g) packed fresh mint leaves, rinsed

Juice of ½ lime

¼ teaspoon ground red pepper (cayenne)

½ teaspoon salt

¼ teaspoon ground black pepper

½ teaspoon sugar

1 Rinse the chopped onion with cold water to reduce the bitterness.

2 Process all the ingredients in a mini food processor until almost smooth, but do not purée it because some texture looks nice.

3 Enjoy now or refrigerate or freeze for later!



Coconut Chutney

Coconuts are used throughout India in religious rituals as well as in celebrations such as grand openings of businesses at which a coconut is cracked open. Traditionally this chutney is made from fresh coconut, but cracking open a coconut and prying out the flesh can be quite a task. To make things easy, I simply use dried and shredded unsweetened coconut that is found in the baking section at any grocery store. To bring out the flavor and aroma of the dried coconut, I quickly dry roast it. You can serve this chutney along with Crispy Dosa Crepes (page 44), Potato Dosa (page 45) and Savory Vegetable Uttapam Pancakes (page 53).

MAKES 1 CUP (200 G)

PREP TIME 10 minutes

COOK TIME 5 minutes

REFRIGERATOR LIFE 3 days

REHEATING METHOD None! Stir the refrigerated chutney and serve either chilled or at room temperature. If it is too thick after being refrigerated, simply stir in plain yogurt one-half teaspoon at a time until desired consistency is reached.

1 cup (50 g) dried, unsweetened coconut (shredded or flakes)

1 teaspoon vegetable oil

3 fresh finger-length green chili peppers

Juice of 1 lime

¼ teaspoon salt

4 tablespoons Plain Yogurt (page 28 or store-bought)

½ cup (125 ml) water

¼ teaspoon black mustard seeds

1 sprig fresh curry leaves, rinsed and destemmed (about 15 leaves) (optional)

1 Place a medium skillet over medium heat. When the skillet is heated, roast the coconut for about 45 seconds or until it is fragrant and some of it (not necessarily all) starts to turn very light brown. Stir frequently. Remove from the skillet and set aside.

2 In the same skillet, pour ½ teaspoon of the oil and place over medium heat. When the oil is heated, add the green chili peppers. Roast the peppers until their skins start to bubble. Turn frequently for about 1 minute. Place the roasted green chili peppers, roasted coconut, lime juice, salt, yogurt and water in a blender and process until the mixture is smooth.

3 In the same skillet, pour the remaining ½ teaspoon of the oil and place over medium heat. When the oil is heated, add the mustard seeds and let them pop for about 10 seconds. Turn off the heat.

4 Add the curry leaves, if preferred. Stir to combine. Add the contents from the blender. Stir to combine. Enjoy now or refrigerate for later!