

MANGO RECIPES



15 MANGO RECIPES



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INTRODUCTION

Mangoes have been almost universally accepted as the most delectable and gratifying of all fruits. They are also unique, because they are among just a handful of fruits that are consumed both raw and ripe, like banana, jackfruit, papaya, etc.

I have presented some venerated, traditional Indian recipes for both raw and ripe mangoes. The recipes are pan Indian and do not belong to any one state. They are all easy to prepare, and with the exception of a couple of recipes, are not time - consuming. Do use good quality mangos to get the best results.

I hope you have as much fun as I did while preparing these recipes. The appreciation from friends and family who taste the dishes is always very encouraging.

Geeta Subramaniam

1. RIPE MANGO SAMBHAR

This is a signature dish from Tanjavur, Tamilnadu. A very pleasant change from all the regular varieties of Sambhar.

Ingredients:

- Tamarind: a lemon sized ball
- Tuvar dal (Split pigeon peas): ½ cup
- Ripe mangoes of medium size: 3
- Fresh curry leaves
- Black mustard seeds: ¼ tsp
- Turmeric powder: ¼ tsp
- Salt to taste



For Grinding:

- Fresh grated coconut 2 tbsp
- Coriander seeds: 1 level tsp
- Fenugreek seeds: 7-8 seeds
- Chana dal(yellow split peas): ¼ tsp
- Hing powder(asafoetida): ¼ tsp
- Whole dried red chillies: 4-5
- Cooking oil: 1 ½ tbsp



Method :

1. Soak the tamarind in 1 cup of water for 15 minutes and squeeze out the pulp. Keep aside.
2. Soak the dal for 15-20 minutes and cook with 2 cups of water and keep aside.
3. Peel 2 mangoes and cut into large pieces and make a puree. Keep aside. Peel the 3rd mango and chop into small pieces. Keep aside.
4. In a wok heat 1tbsp oil on a gentle flame. Add the ingredients for grinding except the coconut. Stir for a few seconds and transfer into grinding jar.



5. Grind to a smooth paste along with the coconut, using a little warm water. Keep aside.
6. Cook the tamarind pulp on a medium flame until it starts to thicken.



7. Transfer the pureed mangoes into the pan of tamarind, add the turmeric, the ground paste, and the cooked dal. Mix gently together. Add salt and a little water if it feels too thick.
8. Boil on a very slow flame for a couple of minutes only. Add the cut mangoes, stir and keep aside.

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9. In a wok add $\frac{1}{2}$ tsp of oil, add the mustard seeds and when they start splitting, add the curry leaves stir, and pour into the Sambhar.



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2. RIPE MANGO MORKUZAMBU

This is a delectable signature dish from the Palghat region of Kerala, akin to a kadi in Northern India, but also miles away from it.!!

Ingredients:

- Ripe mangoes : 2
- Thick curd made from full fat milk : 1 Liter
- Turmeric powder: ¼ tsp
- Salt to taste

For Grinding:

- Fresh coconut, grated or chopped fine: ½ cup
- Green chillies- 2-3
- Cumin seeds: ¼ tsp
- Raw rice: ½ tsp(soak for 20 minutes in water.)





For Tempering:

- Cooking oil: 1 tsp
- Cumin seeds: ¼ tsp
- Fenugreek (methi) seeds: ¼ tsp
- Dry red chilli: 1
- Fresh curry leaves- 2-4.



Method:

1. Peel and chop 1 mango into small pieces. Keep aside.
2. Peel and chop the second mango into larger pieces and make a coarse puree. Keep aside.

3. Add the cut and the pureed mangos to a cooking pan with half a cup of water and simmer on **gentle** flame for 5 minutes. Keep aside to cool.



4. Grind together to a very fine paste, the coconut, green chillies, cumin and the soaked rice after draining the water. Keep aside.



5. Beat the curd gently with a fork till there are no lumps.
6. Add the ground paste, stir and then add the curd to the cooked mangoes, and stir gently.

Note: Please do take care that the ground paste has to go in first otherwise there is danger of the curd curdling in the boiled mango.

7. Place the pan back on a very gentle flame
8. Once it starts boiling, take off the flame.

9. Temper with the ingredients mentioned.

10. Add the tempered ingredients to the Morkuzambu and serve.



3. RIPE MANGO CURRY

This is a dish from Karnataka, which I originally learnt from a very dear aunt. Over the years I have made minor changes to the original recipe, which I feel have added to the taste.

Ingredients:

- Ripe mangoes: 3 medium
- Tamarind: lemon sized ball
- Fresh curry leaves: 4 stalks
- Turmeric powder: ¼ tsp
- Salt to taste
- Onion: 1 small, chopped fine
- Bay leaves : 2

For Grinding:

- Cloves 2-3
- Cinnamon: a small piece
- Peppercorns : ½ tsp
- Dried whole red chillies: 2
- Fenugreek seeds: ¼ tsp
- Cumin seeds : ¼ tsp
- Coriander seeds: ½ tsp
- Onions: 2 -chopped in large pieces
- Ginger: ½ inch piece
- Garlic: 1-2 pods peeled
- Oil: 2tbsp



Method:

1. Peel and chop 2 mangoes into large pieces and make a puree. Keep aside.
2. Peel and chop the third mango into small pieces and keep aside.
3. Soak the tamarind in one cup of water and take out the pulp. Add the turmeric and cook in a heavy pan on gentle flame till it becomes thick. Keep aside.
4. In a wok add 1 tbsp of oil and lightly roast the peppercorns, fenugreek, cumin, coriander and red chilli. Keep aside for 5 minutes.
5. Grind the roasted spices along with the largely chopped onions, ginger and garlic to a smooth paste, using water. Keep aside.



6. Heat 1 tbsp oil in a wok, add the finely chopped onion, the bay leaves and the curry leaves and saute till the onion starts turning brown.



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7. Then add the ground paste. Saute on a medium flame till the mixture leaves oil at the sides.



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8. Add 1 cup of water, mix well, then add the cooked tamarind and the mango puree and stir gently till everything is mixed. Add salt.
9. Add the chopped mangoes and serve.



4.RIPEMANGO KHEER WITH MILK

This dish always reminds me of somnolent summer afternoons spent on the family large swing at my grandmother's house in Gujarat! I think she invented this recipe!!

Ingredients:

- Mangoes: 3 medium sized
- Milk: 2 liters, preferably full cream.
- Sugar: $\frac{3}{4}$ cup (or according to taste)
- Nuts: almonds,pistachios, cashews mixed and chopped fine: $\frac{1}{4}$ cup
- Pure ghee: 2 tbsp

Method:

1. Peel and chop 2 mangoes into large pieces and make a puree. Keep aside.
2. Peel and chop the third mango into small pieces and keep aside
3. Boil the milk in a heavy bottomed pan on **gentle flame** till it thickens. Keep stirring constantly. **Don't let it boil over or burn.**



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