

How to prepare Pickles ?.... By Padmaja Nagoor

*Pickles have always been a very indispensable part of Indian cuisine. Many of us are under the impression that only our grannies can make those delicious and mouth-watering pickles...they are not all that difficult. I am giving below some "**tried and tested**" pickles...These are very easy to prepare. My husband loves them.... And I am sure you will like them too.*

So, friends..get ready to receive all those compliments and praises from your friends and relatives. And yes.....these are very handy for bachelors & forced-bachelors too.....😊😊

Instant Tomato Pickle

Ingredients:

Hunt's Tomato paste : 1 big tin

Cooking Oil : 2 - 2 1/2 cups

Chilly Powder : 12-15 Tblsps (you may add more if you are fond of hot pickles)

Turmeric Powder : 4 tsp

Dry whole red chillies : 15 nos.

Fenugreek seeds (methi) : 2 tsp

mustard seeds : 2 tsp

Tamarind paste : 3 tsp

Curry leaves: a few sprigs

Asafoetida (hing) : 1/2 tsp

salt : to taste

Method:

1. Take a heavy-bottomed vessel and switch on the gas. Non stick kadhai or pressure pan is best for this purpose.
2. Put the tomato paste and add chilly powder, turmeric powder and salt and keep stirring on low flame till the paste loses its raw flavour. Add tamarind paste and stir for some more time.
3. Switch off the gas.
4. In a separate kadhai, heat oil. Add mustard seeds and once it splutters, add methi seeds, red chillies, curry leaves and hing. Pour this heated oil in the tomato paste and mix well.
5. Switch on the gas again and keep stirring the tomato mixture. The mixture will become homogeneous and the oil will become red after some time. Keep stirring till the mixture leaves the sides of the pan.
6. Remove from flame and wait till it cools down.
7. It is now ready to eat. This pickle can be stored upto 2 months if kept in the refrigerator.
8. Goes best with hot rice and ghee.

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Mixed Vegetable Pickle:

Ingredients:

Cauliflower : 1/2 big or 1 small
Carrots : 2 Nos.
Beans : About 15- 20
Turnip : 2 Nos.
Capsicum / Green pepper : 1 big
Green chillies : 20 nos.
Ginger- garlic paste : 1/2 cup
Kalonji : 2tsps
Chilly Powder : 10- 15 tsps
turmeric powder : 3 tsps
Mustard / Rai powder : 2 tbsps
Garam Masala powder : 4 tsps
Mustard Oil : 2 Cups
Vinegar : 1/2 cup
Jaggery / sugar: 5 tsps
salt : to taste

Method:

1. Wash all the vegetables and let them dry so that there is no water
2. Peel the carrots, turnip, string the beans and cut all the vegetable except green chillies into 1" pieces.
3. Heat mustard oil in a big flat-bottomed kadhai. Let the oil lose all its smell. It should become a little smoky but be careful not to overheat it.
4. Add kalonji to it and once it splutters, add the ginger-garlic paste. Keep stirring till the paste becomes pink in colour.
5. Add all the vegetables and keep frying them in the oil. The vegetables should be half cooked and should still be crispy. This will take about 12 - 15 minutes.
6. Switch off the gas and allow it to cool.
7. Meanwhile, put vinegar in a cup and dissolve the jaggery/sugar in it.
8. Once the vegetables are cool, add salt, turmeric powder, chilly powder, garam masala powder and the vinegar with the sugar.
9. Switch on the gas again and keep stirring the pickle till all the masala assimilates well with the vegetables. This should take about 8-10 minutes.
10. Add the rai/mustard powder just before switching off the gas.
11. Allow the pickle to cool and store in air-tight container. It takes about 8-10 days for the pickle to be ready.
12. This pickle can be stored for up to 2 months. Goes best with chapattis and puris.