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# PICKLES MADE EASY

Mixed Vegetable Pickle

Dried Fruit Pickle

Mango Pickle

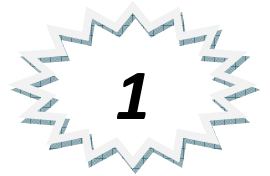
Lime Pickle

Chilli Pickle with Tamarind

**BONUS** - Mutton Biryani

E-mail: [info@proudlyindian.co.za](mailto:info@proudlyindian.co.za)

# Mixed Vegetable Pickle



## INGREDIENTS

- 1 Bunch Carrots
- 1 Small Cabbage
- 1 Small Cauliflower
- 250g Green Beans
- 750ml Vinegar
- 10ml Garlic Crushed
- 2 Tablespoons Sugar
- 50g Pickle Masala
- 1 teaspoon Jeera Seeds
- 1 teaspoon Mustard Seeds
- 750ml Oil
- 3 Tablespoons Salt (Salt to Taste)
- 1 teaspoon Plain Chili Powder
- 2 Tablespoons Methie Powder
- Curry Leaves (Just a few leaves)

## METHOD

- Skin carrots and cut lengthwise and wash.
- Separate cauliflower and soak in salt water.
- Break green beans into 4 pieces.
- Soak vegetables in vinegar overnight.
- Drain out vinegar.
- Heat oil, add crushed garlic, curry leaves, jeera seeds and mustard seeds, methie powder and 5 cinnamon sticks.
- Allow oil to cool.
- Pour over vegetables and store in airtight container.

## Dried Fruit Pickle



### INGREDIENTS

- 1 kg Mixed dried fruit
- 750ml Vinegar
- 10ml Salt
- 100ml Sugar
- 20ml Chilli Powder
- 20ml Crushed Chillies

### METHOD

- Slice dried fruit into halves.
- Make syrup by boiling sugar and vinegar.
- Add dried fruit, chilli powder, crushed chillies and salt to syrup.
- Cool and put into a airtight container.

## Mango Pickle



### INGREDIENTS

- 25 Green Mangos
- 20ml Salt
- 40ml Pickle Masala
- 2ml Turmeric Powder
- 250ml Oil
- 5 Curry Leaves
- 8-10 Garlic pods
- 250ml Sugar
- 375ml Bottle Vinegar
- 25ml Mustard Seed
- 25ml Jeera Seeds
- 2 Green Chillies

### METHOD

- Place cut mangos in a large basin.
- Add all dry ingredients.
- Heat oil, add mustard seeds, curry leaves, chillies and garlic.
- Mix well.
- Cool and then bottle in airtight jar or container.
- Store in refrigerator.

## Lime Pickle



4

### INGREDIENTS

- 1 Dozen Lime or Lemon
- 20 ml Salt
- 20 ml Sugar
- 750 ml Vinegar
- 15 ml Chilli Powder
- 15 ml Pickle Masala

### METHOD

- Wash lemon or lime
- Steam lime or lemon for 5 minutes and cut into 8 pieces.
- Add sugar, salt, chilli powder and masala.
- Leave to marinate overnight.
- The next day add vinegar and fill into bottles and seal for 3-4 weeks.

## Chilli Pickle with Tamarind



### INGREDIENTS

- ½ kg Green Chillies
- 2 Tablespoons ground ginger and garlic
- 750ml Oil
- 250g Tamarind
- 750ml Vinegar
- 5ml Turmeric Powder
- Curry Leaves
- 5ml Mustard Seeds
- 5ml Jeera Seeds
- 5ml Sugar
- 5ml Dhania Powder

### METHOD

- Heat oil, add jeera seeds, mustard seeds, green chillies, garlic, ginger and all spices.
- Cook on low heat.
- Add tamarind and continue to cook on low heat.
- Cool and bottle.

## BONUS - Mutton Biryani



### INGREDIENTS

- 8-10 Tablespoons Oil
- 1 kg Leg Mutton
- 6 Elachie
- 1 Tablespoon Jeera Powder
- 1 teaspoon Jeera Seeds
- 2 Tablespoons Fresh Ginger and Garlic
- 5ml Salt (Salt to taste)
- 250ml Plain Yogurt
- 3 Cups Rice
- 3 Large Onions
- 1 Bunch Mint
- 1 Bunch Thyme
- 1 Bunch Dhania
- 6 sticks Cinnamon
- 6 Cloves
- 6 Bay Leaves
- 4 Anistars
- 1 Tablespoon Dhania Powder
- 2 Cups Biryani Dhall (Lentils)
- 1 ½ (level) Tablespoons Turmeric Powder
- 40ml Bottle Egg Yellow
- 4 Level Tablespoons Masala
- 125g Butter/Margarine (Optional)
- 5ml Saffron (Optional)
- 6-8 Potatoes

## Mutton Biryani - METHOD



7

- Cut meat into cubes then wash and drain.
- Add all spices, salt, yogurt with ½ egg yellow, add ½ bunch mint, ½ bunch thyme, ½ bunch Dhania and 2 Tablespoons oil.
- Marinate mixture for 1 hour.
- Boil lentils with 2ml salt and a pinch of turmeric.
- Boil rice with 4 elachie, 3 cinnamon stick, 3 bay leaves, 2 anistars, a tablespoon of jeera seeds, 10ml salt and pinch of turmeric powder for 15-20 minutes until ¾ cooked.
- Heat oil, fry onions.
- Add marinated meat to pot and cook for ±30-40 Minutes (Until meat ¾ cooked).
- Fry potatoes and use egg yellow to colour.
- Then add lentils, rice and potatoes, sprinkle with ½ cup water and place in oven until done (±30 Minutes).
- Mix Biryani before serving. Add butter if necessary.
- Take a long spoon to check if potatoes are cooked and water is evaporated.

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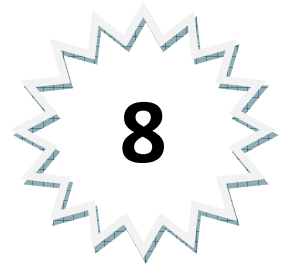
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# INGREDIENTS



Also known as:

- Dhania Powder - Coriander
- Dhania Leaves - Coriander Leaves
- Jeera Powder - Cumin Powder
- Elaichi Pods - Cardamom
- Brinjal - Aubergine

<b>Dhania Leaves</b> <b>Coriander Leaves</b>	<b>Cinnamon Sticks</b>	<b>Elachie Pods</b> <b>Cardamom Pods</b>
		

<b>Jeera Seeds</b>	<b>Turmeric Powder</b>	<b>Curry Leaves</b>
		

<b>Bay Leaves</b>	<b>Curry Powder</b>	<b>Mustard Seeds</b>
		
<b>Anistar</b>	<b>Cloves</b>	<b>Dry Chillies</b>
		