

Raw Turmeric Pickle

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Ingredients:

Raw Turmeric - 150 Grams
Carrots - 2 medium
Ginger 3 inches worth
Chillies - to taste (I used 4)
Garlic- to taste (I used 5 cloves)
Juice of 1 lemon -
Salt

Prep time: 1 hour

Cook Time: 2 mins

Servings: 4 persons

Masala Mix:

Mustard Seeds- 2 Tsp
Asafoetida- 1 pinch
Fennel Seeds- 2 Tsp
Peppercorn: 1 Tsp
Amchur (Dry Mango)- 2 Tsp

Preparation:

Be sure to wear a pair of Gloves before you handle the Turmeric

1. Wash and peel the Turmeric, carrots and ginger.
2. You can either chop them into thin matchsticks or grate them.
3. Slice the garlic cloves as thin as possible. Do not grate them so you can pick them out later easily if you find it too strong.
4. Use a glass bowl for mixing. Do not use plastic.
5. Add the salt and lemon juice and mix all the vegetables together.
6. Cover and leave to marinate for 30 mins to 1 hour.

Making the masala:

1. Grind all the spices into a smooth powder.
2. Heat a pan on the stove.
3. Add 2 Tablespoons of Mustard oil.
4. Once oil has warmed up add the spice mix.
5. Turn off the stove and cook for a couple of minutes.
6. Take off the heat.
7. Once cooled a bit, add the masala to the bowl of prepped vegetables.
8. Mix well and store in a clean and dry container.
9. Store in the refrigerator.