

# Mango Chutney

Make authentic sweet and tangy Indian mango chutney with raw mangoes, spices, and jaggery. Perfect condiment for curries, snacks, and grilled meats.

15 min

PREP

30 min

COOK

45 min

TOTAL

8

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 2 mango
- 2 cup granulated sugar
- 1 tbsp vinegar
- 1 tsp chili powder
- 1 tsp turmeric
- 1 red chilli
- 1 tsp cumin
- 2 tsp nigella seed
- 1 tsp mustard
- 1 tsp cilantro (coriander)
- 1 cup water
- 1 pinch salt

## Instructions

### 1 Prepare the mangoes

Peel 2 large raw mangoes and cut into 1/4-inch thick strips. Toss the mango strips with 1/2 teaspoon turmeric powder and 1/2 teaspoon salt in a bowl until evenly coated.

### 2 Heat the oil and spices

Heat 1 tablespoon mustard oil in a heavy-bottomed saucepan over medium heat until it reaches 180°C (350°F) and begins to smoke lightly. Add 1 teaspoon mustard seeds and 1 dried red chili.

- 3 Cook the mustard seeds for 30-45 seconds until they begin to splutter and pop. Add the seasoned mango strips and stir constantly for 3-4 minutes until the mangoes start to soften and release their juices.
- 4 Add 1 teaspoon red chili powder and 1 teaspoon ginger paste, stirring for 30 seconds until fragrant. Reduce heat to medium-low and cover the pan.
- 5 **Add sweetener and liquid**  
Add 1 cup jaggery and 1/4 cup water to the pan. Stir continuously for 2-3 minutes until the jaggery completely dissolves and creates a syrup.
- 6 Remove the lid and simmer uncovered for 15-18 minutes, stirring every 3-4 minutes, until the chutney thickens to a jam-like consistency and coats the back of a wooden spoon.
- 7 Add the remaining 1/2 teaspoon salt and 1 pinch asafoetida powder. Cook for 2 more minutes, stirring constantly, until the flavors are well combined.
- 8 **Cool and store**  
Remove from heat and let the chutney cool completely to room temperature, about 30-45 minutes. Transfer to clean, sterilized glass jars and seal tightly.

## Tips

Always use completely dry utensils and containers when making chutney to prevent spoilage and extend shelf life.

Toast whole spices in a dry pan for 30 seconds before adding to oil to intensify their flavors and aromas.

Cut mango pieces uniformly to ensure even cooking and consistent texture throughout the chutney.

Cook chutney over medium-low heat to prevent burning and allow flavors to develop properly without rushing the process.

Taste and adjust sweetness, salt, and spice levels during the last few minutes of cooking while the chutney is still hot.

Let the chutney rest for at least 24 hours before serving to allow flavors to meld and develop fully.

Store chutney in small glass jars rather than one large container to minimize exposure to air each time you serve it.

Keep a dedicated spoon for serving chutney to avoid cross-contamination and maintain freshness longer.