

# Mango Chutney Sos

Learn to make authentic Indian mango chutney with unripe mangoes, aromatic spices, and traditional techniques. Perfect sweet-tangy condiment.

15

HAZIRLIK DK

30

PIRME DK

45

TOPLAM DK

8

PORSIYON

Medium

ZORLUK

## Mango Chutney Sos

## Malzemeler

- 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

## Yapılışı

- Prepare the mangoes**

Wash, peel, and cut 2 large unripe green mangoes into 1-inch strips, discarding the pits. Place strips in a large bowl and toss with 1 teaspoon turmeric powder and 1 teaspoon salt until evenly coated.
- Set aside the seasoned mango strips for 10 minutes to allow the salt to draw out moisture.
- Make the tempering**

Heat 1 tablespoon mustard oil in a heavy-bottomed pan over medium heat until it reaches smoking point and begins to shimmer, about 2-3 minutes.
- Add 1 teaspoon mustard seeds and 1 dried red chili to the hot oil. Fry until the mustard seeds begin to splutter and pop, about 30 seconds.
- Cook the chutney**

Add the seasoned mango strips to the pan and stir gently to coat with the spiced oil. Cook for 5 minutes, stirring occasionally, until the mangoes begin to soften slightly.
- Stir in 2 teaspoons red chili powder and 1 cup sugar until well combined. Reduce heat to low and cook for 15-20 minutes, stirring every 3-4 minutes to prevent sticking.

- 7 Continue cooking until the mangoes are completely tender and the mixture reaches a thick, jam-like consistency that coats the back of a spoon. Taste and add a pinch of salt if needed.
- 8 Remove from heat and let cool completely to room temperature, about 30 minutes. Transfer to sterilized glass jars and seal with tight-fitting lids.

## ?puçlar?

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Always use unripe, green mangoes for the best texture and flavor - ripe mangoes will become too mushy during cooking.

Heat the mustard oil until it reaches its smoking point, then let it cool slightly before adding spices to prevent burning.

Keep the heat on low to medium-low throughout cooking to prevent the chutney from sticking to the bottom of the pan.

Taste and adjust the balance of sweet, sour, and spicy flavors during the last few minutes of cooking.

Use a heavy-bottomed pan to ensure even heat distribution and prevent hot spots that could burn the chutney.

Store the chutney in sterilized glass jars and always use a clean, dry spoon to prevent contamination.

Allow the chutney to cool completely before refrigerating to prevent condensation inside the jar.

Let the flavors develop for at least 24 hours before serving for the best taste experience.