

Recipe- Green Mango Chutney

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Ingredients

Fresh Coriander Leaves 1 Bunch
Fresh Mint Leaves 0.5 Bunch
Green Mango 2 Medium (Chopped Roughly)
Ginger 1 Inch pc (Chopped Roughly)
Green Chili 5-6 nos (Chopped Roughly)
Jeera 1 tsp
Red Chili powder 1 tsp
Asafoetida/ Hing 1 pinch
Salt 1 tsp (or according to taste)

Method

- Wash coriander and mint leaves properly and soak in water for half an hour.
- In a grinding jar add coriander leaves, mint leaves, green mango, ginger, green chili, jeera, red chilli powder, hing and salt.
- Grind to a smooth paste with the help of little water.
- Refrigerate for 10-15 minutes and then serve.

Tips

Clean and wash coriander and mint leaves properly as it has a lots of dirt.

Use water in batches to grind it. (Do not use too much of water)

Adjust chilli as per your taste.

“Be Vegetarian be Happy”

“Live and Let Live”

Recipe- IceCream Fry Eggless

IceCream Fry

Eggless and gelatin free)



Ingredients

Eggfree and gelatin free)

Corn Flakes 1 cup

Oil to deep fry

Method

- Deep freeze ice cream scoops for half an hour.
- Meanwhile roughly crush corn flakes in a wide bowl (Fig1).
- Now after half an hour roll ice cream scoops one by one in crushed corn flakes (Fig 2).
- And deep freeze again for an hour.
- After an hour take it out and give a ball like shape by pressing gently in between your palms.
- Deep freeze again for half an hour.
- Roll again in roughly crushed corn flakes (Fig 3) and deep freeze for another 1 hour.
- Now crush the corn flakes finely (Fig 4) and roll the balls again (Fig 5) and deep freeze for at least 1 hour (Fig 6).
- Now when you want to serve, heat the sunflower oil on high and fry for 8-9 seconds (Fig 7).
- Serve immediately.



Tips

Do not fry for more than 10 seconds, it may melt inside the oil. If it starts melting inside oil, switch off the flame and remove from gas. And be careful oil might spit on you. You may keep it ready in your deep freezer and use as a quick dessert anytime.

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