

Tamarind Chutney

Swick

Makes 1 cups | Active Time: 15 minutes | Total Time: 1 hour

Chef's Notes

This chutney goes particularly well with samosas, pakoras or Aloo Ki Tikki (Indian Potato Patties).

Step 1: Preparing the Chutney

- 1 to 2 tsp fennel seeds*
- 1 tsp black mustard seeds
- 1 cup tamarind purée*
- 1/4 cup pitted dates
- 4 tbsp jaggery*/palm sugar (or sugar of choice)
- 1/4 cup raisins
- 3 green chilies
- 1/4 tsp Kashmir* or chili powder

Note: We use 2 teaspoon of fennel seeds, but some people may find that too strong, so you may want to start with 1 teaspoon the first time you make this.

To toast the fennel seeds, place them into a small fry pan over medium heat. Stir regularly and toast the seeds for a minute or two until the seeds start to release their aroma.

Remove the seeds from the pan and let cool. Place the seeds into a mortar and pestle or spice grinder and grind into a fine powder.

Next, toast the black mustard seeds, cover with a lid and gently shake until the seeds just begin to pop, then remove from the pan and set aside to cool.

*It is important to have good tamarind purée for this recipe. To make your own, (highly recommend), see the related recipes tab for the video on “What is Tamarind”.

Roughly chop the dates and jaggery. Add both to the tamarind purée. *Jaggery is also known as palm sugar. If you don't have any, simply substitute with brown sugar or add more dates and omit the sugar all together.

Next, add the raisins, along with the toasted fennel powder and mustard seeds and stir to combine.

Bring the mixture to a boil. Reduce the heat and let simmer.

Meanwhile, slice the chilies down the middle, but keep them whole. Add them to the pot, along with the Kashmir powder. *Kashmir is an Indian chili powder. If you do not have, use regular chili powder, to taste.

Let the chutney simmer for about 45 minutes or until it has thickened.

Let cool and then refrigerate. Note: The chutney will continue to thicken as it cools.