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by Amrish Sood, Brand Chef at Zafran

Achari Jhinga



Ingredients

Shrimps 500 g
Mustard oil 75 ml
Fennel seeds 1 tsp
Onion seeds ½ tsp
Mustard seeds ½ tsp
Fenugreek seeds ¼ tsp
Chopped onions 200 g
Chopped garlic 1 tbsp
Chopped ginger 1 tbsp
Chopped tomatoes 200g
Turmeric powder 1 tsp
Chilli powder ½ tsp
Coriander powder 2 tsp
Lemon juice 30 ml
Chopped coriander
Salt

Preparation

- 1 Heat the mustard oil add fennel seeds, onion seeds, mustard seeds & fenugreek seeds
- 2 Allow the spices to splutter, add chopped onion, garlic & ginger . saute them till golden brown
- 3 Add chopped tomatoes to the above masala followed by coriander powder, turmeric powder and red chili powder
- 4 Cook the masala, add de scaled & de veined shrimps mix them gently
- 5 Cook the pickled prawns to thick masala consistency
- 6 Adjust the seasoning with salt and lemon juice finish with fresh coriander.

Cooks Note

Achari Jhinga as dish, takes its essence from north Indian pickles & it is served at room temp or warm. Cooking is preferably done on a slow flame in a thick bottom pan ,prawns to be cooked to a stage where oil starts coming on side which will act as preservative. Achari Jhinga can be served as an accompaniment to a main dish also it goes very well with parathas.