Posted on 16 October 2012

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Potato and Mix Vegetable Winter Pickle



Ingredients

Potatoes - 3(medium)
Carrots - 250 gm
Brinjals - 300 gm
Lotus stem - 1
Jaggery - 2.5 tblsp
Split and peeled mustard seeds (Rai Kuria) - 2.5 tblsp
Turmeric - 2 tsp
Salt - 1.5 tblsp
Chilli Powder - 2.5 tsp
Asafoetida - 1/2 tsp
Oil - 1 cup (vegetable or mustard oil)
Water - 2 cups

Preparation

1. Boil, peel and chop potatoes in big pieces.
2. Chop and boil brinjal, but do not overcook.
3. Scrape, slice and pressure cook the lotus stems.
4. Heat oil well and the let it come down to room temperature.
5. Boil water and let it cool down.
6. Take all vegeatables in a big bowl, add all the spices and jaggery and mix well.
7. Now add oil and mix, then add water and mix every thing well.
8. Apply pressure lightly with your hand on the mix, so that oil and water mixture comes over the vegetables.
9. Let it pickle for 4 days. Keep mixing in between.
10. After 4 days your pickle is ready to eat.
11. This pickle can be kept out side for about a week and then should be kept refrigerated, else it may become too sour.

Cooks Note

A seasonal pickle made of mixed vegetables and roots - with a tangy twist of cracked mustard.

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