Posted on 16 October 2012

by Anjana Chaturvedi

Amla Ki Launji (Indian Gooseberry Pickle)

Ingredients

Fresh Indian Gooseberries (Amla) - 8
Green Chillies -5
Ginger -1 inch
Sugar - 5 tablespoons
Chilli powder - 1 teaspoon
Turmeric - 1/3 teaspoon
Salt - 1 teaspoon
Oil - 3 tablespoons
Fenugreek seeds - 1/2 teaspoon
Fennel seeds - 1 teaspoon

Preparation

1. Pressure cook the gooseberries/amla for 3 whistles.
2. Remove the seeds and separate the segments.
3. Chop ginger as long slices, and green chillies in big pieces.
4. Heat oil in a pan, add fenugreek and fennel seeds, and when it starts crackling add amla, ginger and green chillies.
5. Saute for few minutes on low flame.
6. Add all the spices and sugar and mix. Cover and cook on a low flame for 5-7 minutes or till the gravy thickens.
7. Wait for the dish to cool down completely, and then store in a jar.

Cooks Note

Tangy Indian Gooseberry Chutney. Serving Suggestions: serve as an accompaniment with any daal or curry.

http://maayeka.blogspot.com [6]