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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/amlas 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.

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