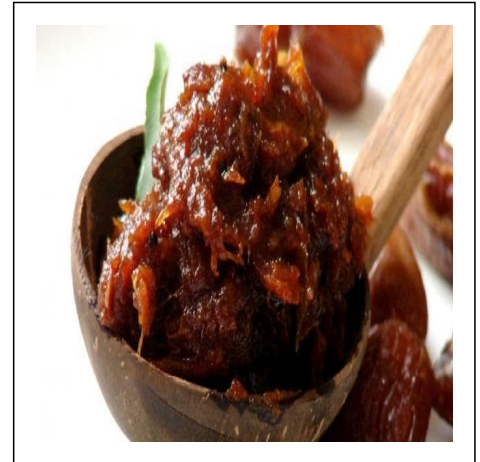


Recipe Name: Malabar Style Dates Pickle Recipe
Diet Type:
Course: Side Dish
Cuisine: Malabar
Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Dates - pitted and roughly chopped	4
• 1 tablespoon Ginger - paste	
• 1 tablespoon Garlic - paste	
• 4 Green Chillies - finely chopped	
• 1/4 teaspoon Turmeric powder (Haldi)	
• 1 tablespoon Red Chilli powder	
• 3 tablespoons Vinegar	
• 1 teaspoon Mustard seeds	
• 1/4 teaspoon Asafoetida (hing)	
• 1 tablespoon Sugar	
• 2 tablespoons Sunflower Oil	
• 1 sprig Curry leaves	
• Salt - to taste	

Preparation

- To begin making the Malabar Style Dates Pickle Recipe, remove the seeds from the dates, roughly chop them and keep aside.
- Heat oil in a wide pan, add the mustard seeds, allow to splutter and then add asafoetida, curry leaves and let the curry leaves splutter.
- Add the ginger, garlic pastes and green chilli.
- Saute till the raw smell goes away.
- Add the turmeric, red chilli powder and mix well.
- Add the chopped dates, and cook until the dates become soft.
- Season this with salt, sugar and saute for another minute or till the seasoning merges with the recipe.
- Add the vinegar and simmer until the pickles comes together and then switch off the heat.
- Serve the Malabar Style Dates Pickle Recipe along with Parathas for breakfast or with Vegetable



Biryani and Papadam for a weekend lunch.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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