DietCloud – Recipe

Recipe Name: Stuffed Mango Pickle Recipe - Gujarati Double Mango Pickle

Diet Type:

Course: Side Dish

Cuisine: Gujarati Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 10 Mango (Raw) - medium sized • 150 grams Methi Seeds (Fenugreek Seeds) • 150 grams Red Chilli powder • Salt - to taste (I used 150 grams) • 2 tablespoons Peanut oil • 1 teaspoon Asafoetida (hing) - (I used pickle asafoetida) • 300 grams Peanut oil	4

Preparation

• To prepare this easy and long staying Gujarati Dabla Keri Nu Athanu/ Whole Stuffed Mango Pickle Recipe, get all the ingredients handy and wash the mango and pat them dry completely.
• In a bowl, mix all the spices along with salt and keep it aside.
• Take a pan, heat oil and add asafoetida.
• Let it cool completely.
• Pour in 2 tablespoons of oil with the prepared pickle masala and give it a nice stir.
• Prepare the mangoes by giving a vertical slit to remove the stone within and slit perpendicularly, keeping the base of the mango intact.
• Start stuffing all the mangoes with pickle masala by gently pressing the masala within to leave no air gap inside.
• Take care to keep the mangoes intact during the whole process of stuffing.
• Transfer thus filled raw mangoes in a glass jar, closing the lid tightly and keep without disturbing for 24 hours.
• After a day, heat 300 grams oil in a pan and cool it completely.
• Pour oil into the bottle such that the pickle masala stuffed mangoes are submerged.
• Relish Whole Stuffed Mango Pickle Recipe with a clean spoon every time, with hot khichdi or a hearty

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Gujarati thali for lunch.

Macronutrients

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