Pan of Bliss

Let's cook it real slow!

Green Coriander-Mint Chutney

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This chutney or dip is an all-rounder and serves as an accompaniment with almost any snack. The best part is that it can be prepared and stored in an airtight container inside the refrigerator up to two weeks or more. The chutney is not only delicious but also very good for your gut health as it has mint, coriander, ginger, cumin seeds besides other ingredients. Also called Pudine ki chutney, this can also be used as a sandwich sauce or can be paired with Aloo Parathas and chaats.

There are many variations for this chutney in India.

Method 1

Ingredients

Mint leaves: 2 cups (chopped)

Coriander leaves: 2 cups (chopped)

Roasted peanuts: 1 tsp (optional)

Garlic: 2 cloves

Ginger: 1 inch

Roasted cumin seeds: 1/2 tsp

Green chillies: 4

Salt to taste

Sugar: a pinch

Lemon: 1 tbsp

Water: 1 tbsp

How to prepare

Pluck 2 cups mint leaves and wash well in water. Do not use the mint stems as they can be bitter. Pluck coriander leaves along with tender stems and wash well in water. Drain away excess water. Put the mint and coriander leaves into the grinder jar.

Next, add ginger, garlic, green chillies, roasted cumin seeds, roasted peanuts, salt, sugar and 1 tbsp of water. Grind until smooth.

Take the chutney out of the grinder into a container and add lemon juice and mix gently.

This chutney can be stored in the fridge for upto two weeks. The chutney's green vibrant colour can be retained by adding lemon juice and a pinch of sugar. To store longer, keep in an airtight container inside the freezer compartment. This will stop any further oxidation.

If you are making it in more quantity, add salt only before serving as salt is known to aid oxidation and the colour of the chutney can change or become darker.

Mint Chutney as a dip using yoghurt/curd

It can be made into a dip by adding yoghurt or curd instead of lemon. After blending the chutney, take it out into another bowl. Add chilled thick whisked yoghurt into the chutney and mix well. North Indian restaurants serve this chutney with all tandoori appetizers. Also called the kebab chutney, it serves as a dip for tandoori chicken, tandoori paneer and cutlets. You can even serve it with rotis, parathas, wraps, rolls and use it as a sandwich sauce or filling.

Method 2

South Indian Mint Chutney

Mint leaves: 2 cups (chopped)

Coriander leaves: 2 cups (chopped)

Freshly grated coconut: 1/2 cup

Roasted Bengal gram: 1 tbsp

Roasted cumin seeds: 1/2 tsp

Green chillies: 4

Ginger: 1 inch

Tamarind pulp: 1/2 tsp

Salt to taste

Shallot: 1

Seasoning

Oil: 1 tsp

Dry red chilli: 2

Mustard seeds: 1/2 tsp

Asafoetida: 1/4 tsp

Split urad dal: 1/2 tsp

Method

Wash mint leaves and coriander leaves. Drain water. In a blender, add mint leaves, coriander leaves, grated coconut, roasted Bengal gram, cumin seeds, green chillies, ginger, shallot, tamarind pulp and salt. Add 1 tsp water and grind to paste. You can

add more water depending upon your requirement. Transfer it to a bowl.

In a small pan, heat oil, splutter mustard seeds, add dry red chillies, split urad dal and asafoetida. Switch off flame. Pour it over the chutney and mix well.

This chutney can be served with Idli or dosa.