Pan of Bliss
Let's cook it real slow!

Pineapple Pachadi

https://panofbliss.com/pineapple-pachadi/

Prep Time 10 minutes minsCook Time 20 minutes minsTotal Time 30 minutes

Ingredients

- 1 no. Medium-ripe pineapple (cut into small pieces)
- ½ tsp Turmeric powder
- 1 tsp Chilli powder
- ½-1 cup Water for cooking
- 1 cup Curd/yoghurt
- 1 tbsp Jaggery powder
- 1 tsp Salt to taste or as per requirement

For Grinding

- ¾ cup Coconut (grated)
- 2 nos. Green chillies
- ½ tsp Cumin seeds
- ½ tsp Mustard seeds

For Seasoning

- 1 tbsp Coconut oil
- 1 tsp Mustard seeds
- 2 nos. Whole red chillies
- 10 nos. Curry leaves

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Instructions

Method of preparation

1. Cook pineapple pieces with turmeric powder, chilli powder, and salt for 5 minutes till slightly tender. Do not overcook.
2. Next, grate half a coconut. Grind it with cumin seeds and green chillies to a fine paste by adding a little water. Add mustard seeds and give them a small pulse. Do not grind the mustard seeds as they may taste bitter. The mustard seeds should only be crushed coarsely.
3. Pour the coconut paste into the pineapple mixture and stir gently to coat evenly. Add the jaggery powder and mix.
4. Add 1 cup of whisked curd to the cooked pineapple and switch off the flame.

Seasoning

1. In a seasoning pan, heat coconut oil. Add mustard seeds and splutter. Add whole red chillies and saute. Lastly, add curry leaves and fry. Pour this over the pineapple mixture. Mix well.

Notes

Why should the pineapple be cooked? It is necessary to cook pineapple because fresh pineapple contains an enzyme called bromelain. When fresh pineapple is mixed with curd, it can turn bitter. So, it is necessary to cook the fruit pieces for a few minutes to neutralize the enzyme. This is a crucial step in preparing the pachadi. The key to Pachadi's success lies in the way the sharp acidity of the pineapple mellows when cooked and then contrasts beautifully with the cool, creamy yogurt, making it an excellent palate cleanser. Before serving: Never reheat pachadi as it is a curd-based dish. If refrigerated, remove from the fridge and let it return to room temperature before serving. JUST GIVE IT A TRY! It takes less than 30 minutes. Serve it chilled, and let the tropical sweet-and-sour symphony play across your palate! There is a variation of Pachadi that includes black grapes or green grapes. Beetroot is also used to make pachadi. It is grated, stir-fried, and mixed with curd.