Pan of Bliss
Let's cook it real slow!

Ripe Mango Curry (Mambazha Pulissery)

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

Ingredients

- 4 nos. Small ripe mangoes
- ½ tsp Turmeric powder
- 1 tsp Chilli powder
- 1 tsp Salt
- 2 cups Whisked curd

For Grinding

- 1 cup Grated coconut
- 3 nos. Green chillies
- 1 tsp Cumin seeds

Seasoning

- 2 tbsps Coconut oil
- 1 tsp Mustard seeds
- ½ tsp Fenugreek seeds
- 3 nos. Dry red chillies
- 10 nos. Curry leaves
- ¼ tsp Organic sugar/jaggery powder
- ½ tsp Crushed black pepper
- ¼ tsp Roasted fenugreek seeds powder

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Instructions

How to prepare Ripe Mango Curry

1. Wash the mangoes thoroughly. Peel the skin completely and cut it into small pieces. Place the pieces in a medium size pan, along with the seeds
2. Add turmeric powder, chilli powder, salt, and ½ cup water. Then boil on low flame for 10 minutes.
3. In a grinder, combine freshly grated coconut, green chillies, and cumin seeds. Grind them into a fine paste, adding ¼ cup of water. Pour this mixture into the cooked mango mixture and slow cook for 2 minutes.
4. Add the whisked curd and mix well. Continue to boil on low flame until the first bubble appears. Switch off the flame immediately; be careful not to boil the curd, as it may curdle.

Seasoning

1. Heat coconut oil in a small pan. Add mustard seeds and fenugreek seeds, allowing them to splutter. Then toss in dry red chillies and stir briefly. Add curry leaves and switch off the flame.
2. Pour this tempering over the ripe mango curry and mix well. Sprinkle roasted fenugreek powder and crushed black pepper powder over the curry, mixing thoroughly thereby adding a final burst of flavour! Check for salt and adjust if necessary. If the curd is sour, add a pinch of brown sugar or jaggery powder to balance the flavour. It helps reduce the sourness of the curd.
3. Mix well and Mambazha Pulissery is ready. Serve with rice.

Notes

Notes & Facts This curry is best prepared when mangoes are in season, especially if you have a few extra ripe mangoes on hand. It can be stored in the refrigerator for up to a week. However, do not reheat the curry, as this may cause the curd to curdle. Instead, remove the desired quantity from the fridge and let it sit at room temperature for about 1 hour before serving.