

Acar Mango Recipe

(Mango Pickle Recipe)

Ingredients:

300 g young mango, cut into quarters, remove seeds, wash and drain

Ground Finely (A):

3½ tablespoons coriander (ketumbar)

40 fenugreek (halba)

1 teaspoon fennel seeds (jintan manis)

½ teaspoon poppy seeds (kas-kas)

1 teaspoon cumin seeds (jintan putih)

Ground Finely (B):

10 dried chilies, soaked in warm water for 15 minutes for easy grinding

3.5 cm turmeric (kunyit)

Ground Finely:

8 shallots, peeled

4 pips garlic, peeled

8 - 9 tablespoons cooking oil

1 small piece ginger, skinned, sliced finely

2½ tablespoons vinegar

½ teaspoon salt

sugar to taste - about 150 g

3 cloves

5 cm cinnamon sticks (kayu manis)

2 star anise (bunga lawang)

a few stalks Indian curry leaves

Method:

Rub 3 tablespoons salt into mangoes and season for 36 hours. Wash away all the salt and cut mangoes into 3 pieces each. Do not use old mangoes because they are fibrous and hard. Heat frying pan, add oil. When oil is hot, add the ground onions and garlic. Stir for 1 minute. Then add star anise, cloves, cinnamon sticks, ginger and ground ingredients (A). Then add ingredients (B). Stir until fragrant, add mangoes, vinegar, Indian curry leaves, salt and sugar to taste. Reduce to low heat and cook until mangoes are soft. Remove heat and let stand for an hour.

Note: Grinding of shallots and garlic and ingredients (A) should be done separately. Amount of sugar should be adjusted to suit individual taste. No water is to be added while cooking.