

## Chutney Recipes

### **Taaza™ - Tomato Garlic Chutney**

Tomato garlic chutney is an excellent base sauce for many Indian curries. It has all the wonderful flavors and taste that goes well with many lentils. You can use this chutney as dip, spread on breads and mix it with regular pasta sauce to add extra spice and flavor.

### Tomato Tortilla Wrap

Ingredients:

- 1 tomato tortilla
- ¼ cup shredded cheddar cheese
- 2 tbsp. Taaza™ tomato garlic chutney
- ¼ cup chopped lettuce
- ¼ cup chopped tomatoes
- Jalapeno pickle to taste
- Salt to taste

- 1) On a hot griddle, warm tomato tortilla.
- 2) Spread cheddar cheese and tomato garlic chutney.
- 3) Top it with lettuce, tomatoes, jalapenos and salt and make a wrap.

You can also add any cooked meat of your choice in this wrap.

### Chickpea Curry

Ingredients:

- 16 Oz. canned chickpeas
- 1 medium onion chopped
- ½ cup or 4 oz. Taaza™ tomato garlic chutney
- 2 oz. water or as desired
- 2 tbsp. Taaza™ ghee
- 1 tsp. garam masala (optional)
- 2 tbsp. chopped cilantro
- 1 tsp. lemon juice
- Salt to taste

Makes: 2-4 servings

- 1) In a medium pan, heat ghee and sauté chopped onions.
- 2) Add Taaza™ tomato garlic chutney, water and garam masala and cook for 2 minutes.
- 3) Add canned (cooked) chickpeas and cook over medium heat for 2 minutes. Add salt if necessary (remember that canned chickpeas already has salt) and turn off the heat. Add lemon juice and chopped cilantro and mix well and serve it with rice or bread.

### Kidney Beans Curry - Rajma

Ingredients:

16 Oz. canned kidney beans, drained  
1 medium onion chopped  
½ cup or 4 oz. Taaza™ tomato garlic chutney  
2 oz. water or as desired  
2 tbsp. oil  
1 tsp. garam masala  
1 tsp. sugar  
2 tbsp. chopped cilantro  
Salt to taste

Makes: 2-4 servings

- 1) In a medium pan, heat oil and sauté chopped onions.
- 2) Add Taaza™ tomato garlic chutney, water, garam masala, sugar and cook for 2 minutes.
- 3) Add canned (cooked) kidney beans and cook over medium heat for 2 minutes. Add salt if necessary (remember that canned kidney beans already has salt) and turn off the heat. Garnish with chopped cilantro.

Serve this curry with Indian breads or rice. You can also use this curry as stuffing for burritos.

## **Tomato Penne Pasta**

Ingredients:

¼ pound penne pasta  
4 oz. Taaza™ tomato garlic chutney  
1 tbsp. chopped basil  
Salt to taste

- 1) Bring 4-6 quarts of water to a rolling boil. Add salt to taste and add penne pasta and stir gently.
- 2) Cook pasta for 10-12 minutes or as desired. Remove from heat. Drain well.
- 3) Stir 4 oz. or as desired Taaza™ tomato garlic chutney and salt to taste and garnish with chopped basil.

## **Aloo Gobi**

Ingredients:

2 medium potatoes, peeled and diced  
15 cauliflower florets  
1 medium onion chopped  
½ cup or 4 oz. Taaza™ tomato garlic chutney  
1 cup water or as desired  
2 tbsp. oil  
1 tsp. garam masala

2 tbsp. chopped cilantro  
1 tsp. Taaza™ghee (optional)  
Salt to taste

Makes: 2-4 servings

- 1) In a medium pan, heat oil and sauté chopped onions, potatoes, and cauliflower.
- 2) Add ½ cup water and cook for 2 minutes. Add Taaza™tomato garlic chutney, ½ cup water, garam masala, salt, and cook for 2 minutes or until vegetables are tender and turn off the heat.
- 3) Pour 1 tsp. ghee and mix well and garnish with chopped cilantro.

Serve this curry with Indian breads or rice.

### Taaza™Cilantro Chutney

This is an excellent medium spiced chutney to use as dip for samosa and bondas. You can use this chutney as base for many varieties of green curries.

### Cilantro Wrap

Ingredients:

1 Spinach tortilla  
2 tbsp. cream cheese  
2 tbsp. Taaza™ cilantro chutney  
¼ cup chopped lettuce  
¼ cup chopped tomatoes  
Jalapeno pickle to taste  
Salt to taste

- 1) On a hot griddle, warm spinach tortilla.
- 2) Spread cream cheese and cilantro chutney.
- 3) Top it with lettuce, tomatoes and jalapenos and make a wrap.

You can also add any cooked meat of your choice in this wrap.

### **Creamy Cilantro Dip**

Ingredients:

8 oz. Taaza™plain yogurt or sour cream or cream cheese  
2 tsp. Taaza™cilantro chutney  
Salt to taste

Mix all the ingredients and keep in the refrigerator for ½ hour before serving. This dip can be served with potato chips, tortilla chips and papad (Indian lentil chips).

You can make the same dip with Taaza™Bhel Chutney (cilantro mint).

### **Tomato Cilantro Salsa**

#### **Ingredients:**

- 1 large tomato - chopped
- 1 small onion - chipped
- 1 tbsp. Taaza™ cilantro chutney or more based on desired taste
- 1 tsp. lemon juice
- Pinch of sugar
- Salt to taste

Mix all the ingredients and serve it with tortilla chips. If you like well blended salsa, pulse the salsa in a grinder to desired consistency.

### **Vegetable Puloo:**



#### **Ingredients:**

- 2 cups of basmati rice
- 2 cups of mixed vegetables
- 1 small onion - sliced thin
- ¼ cup Taaza™ ghee
- ¼ cup oil
- 1 tsp. cumin seeds
- 1 tsp garlic paste
- 1 tsp. ginger paste
- ½ cup Taaza™ cilantro chutney
- 4 cups of water

Salt to taste

- 1) In a large cooking pot, heat 1/4 cup oil and 2 tbsp. Taaza™ghee and add cumin seeds; when the seeds crackle, add garlic and ginger paste and fry for a minute and add sliced onion and fry for a minute
- 2) Add frozen mixed vegetables and let it cook for 5 minutes.
- 3) When the vegetables are tender, add *cilantro chutney* and cook for 5 more minutes.
- 4) Add basmati rice, water, salt, mix well and cook for 10 minutes or until rice is cooked. Turn off the heat, add remaining ghee and mix well.

Serve this rice with spicy Raita.

### Green Vegetable Curry

Ingredients:

- 12 Oz. stir-fry vegetables
- ¼ cup cilantro chutney
- 8 oz. coconut milk
- 2 cups water
- 3 tbsp. oil
- 1 tsp. minced garlic
- 1 tsp. minced ginger
- 1 small sliced chili(optional)
- Salt to taste

Preparation and cook time: 20 minutes

Makes: 4-6 servings

Method:

- 1) In a medium pan, heat 3 tbsp. oil and sauté garlic and ginger.
- 2) Add stir-fry vegetables and sauté for two minutes
- 3) Add Taaza™cilantro chutney, coconut milk, sliced chili (optional), 2 cups of water, and salt to taste and cook over medium heat for 5 minutes or until vegetables are tender and sauce thickens.

Serve this curry with any type of white rice.

Use cooked chicken along with stir-fry vegetables to make chicken curry.

### Sweet Sour and Spicy Chutney (Tamarind Chutney)

Tamarind chutney is very popular chutney that goes well with samosa and pakoras. It is an excellent condiment to dip any fried foods. This chutney is made with tamarind puree, sugar and spices, hence tastes great as marinade for meats.

## Sweet and Sour Chicken

### Ingredients:

- 1 lb. boneless cut chicken
- ½ lb. Asian vegetables
- 1 medium onion
- ½ cup spring onion
- 2 tsp. corn starch
- ½ cup water
- 2 tbsp. sweet sour and spicy chutney
- 1 tsp. minced garlic
- 1 tsp. minced ginger
- 1 tsp. chili powder
- Salt to taste

### Method:

- 1) Mix 2 tbsp. sweet sour and spicy chutney, 2 tsp. cornstarch in ½ cup water and set aside.
  - 2) In a skillet, heat 3 tbsp. cooking oil over medium heat and add 1 tsp. minced garlic, 1 tsp. ginger paste, 1 cup sliced onions and ½ cup chopped spring onions and sauté.
  - 3) Add chicken cut into small cubes and sauté for 2 minutes.
  - 4) Add ½ lbs. Asian vegetables and sauté. Sprinkle salt and 1 tsp. chili powder and mix well. Stir chutney mixture, cover and cook for 2 minutes or until chicken is done. Garnish with chopped cilantro and serve it with Rice.
- Serve this dish with any type of white rice or noodles.

## Shrimp Stir-fry



### Ingredients:

- 1/2 lb. shrimp
- ½ lb. Stir-fry vegetables
- 1 small onion diced

2 tbsp. sweet sour and spicy chutney  
¼ cup oil  
1 tsp. minced garlic  
1 tsp. minced ginger  
1 tsp. chili powder  
Salt to taste

- 1) In a skillet, heat 3 tbsp. oil over medium heat and add minced garlic, ginger paste and diced onions and sauté.
- 2) Add shrimp and sauté for 2 minutes and set aside.
- 3) In the same skillet, add remaining oil and Asian vegetables and sauté. Sprinkle salt and 1 tsp. chili powder and mix well.
- 4) Add sweet sour and spicy chutney and cooked shrimp and toss well and serve it with rice or noodles.

### Bhel and Chat Chutney – Cilantro Mint Chutney

This spicy chutney is a very popular condiment to dip any chips or patties. It is very flavorful chutney, which adds heat and flavor to any snacks instantly. This chutney is hot by itself, so add some water if you are using this as dip. You can also add small quantities of this chutney to salsa to make it more flavorful.

### Bhel



In a large bowl, add 3 tbsp. of Bhel and Chat chutney, 2 tbsp. of Sweet, Sour and Spicy Chutney (Tamarind Chutney), 1 cup chopped tomatoes, 1 cup chopped onions, 1 cup

cooked peas, ½ cup chopped cilantro and salt to taste and mix well. Add 12 oz. ready bhel mix into the bowl with all the ingredients and mix well and serve with crunchy topping.

This makes 4-6 servings.

### **Pani Puri** – Delicious spiced water



Add 3 tablespoon of Bhel and Chat chutney and 1 tsp. of salt to 750 ml of water and mix well and use it to fill small puri along with cooked peas or any other vegetables you like. If you like your pani sweet, add 1 tbsp. of sweet and sour chutney to the above mix to make a delicious spicy drink.

### **Mint Rice**

Ingredients:

1 cup basmati rice	2 tablespoon Taaza™ Ghee
2 cups water	2 tablespoon oil
1 cup peas	1 teaspoon minced garlic
1 onion thinly sliced	1 teaspoon minced ginger
2 tablespoon Taaza™ Bhel and Chat Chutney – Cilantro Mint Chutney	1 teaspoon lemon juice Salt to taste

Heat oil and ghee in a medium sauce pan and sauté onion till golden in color and add minced garlic, ginger and Cilantro Mint Chutney and sauté for a minute. Add Basmati rice peas, water and salt and cook over low heat till rice is cooked (about 10 minutes). Add lemon juice just before serving.

### **Spicy tri colored sandwich:**

Ingredients:



- 2 slices of white bread
- 1 tbsp. tomato garlic chutney
- 1 tbsp. cilantro or bhel and chat (cilantro mint) chutney
- 1 slice of spicy cheese (Monterey jack cheese)

- 1) Spread one tbsp. tomato garlic chutney on a slice of white bread.
- 2) Spread one tbsp. green (cilantro/bhel and chat chutney) chutney on a slice of white bread.
- 3) Place a spicy cheese slice on top of the bread with tomato garlic chutney and top it with green chutney covered bread.

Enjoy this delicious sandwich with rich taste of tomatoes, garlic, herbs and cheese along with lemonade and some chips.

### Mango Chutney – Sweet and Spicy

This chutney is sweet yet spicy chutney as the name suggests. Mango chutney can be used as spread, dip or marinade for meats.

### **Mango Chutney Sandwich:**

Ingredients:

- 2 slices of white bread
- 2 tbsp. mango chutney
- 1 slice of spicy cheese
- 2 tsp. Taaza™ghee or butter

- 1) Spread one tbsp. mango chutney on each slice of white bread.
- 2) Place spicy cheese on top of one slice of bread with mango chutney and top it with the other slice of bread.
- 3) Grill over medium heat by coating each side with a tsp. of ghee or butter

Serve this sandwich with creamy dip.

### **Mango Quesadillas**

Ingredients:

- 2 flour tortillas
- 2 tbsp. mango chutney
- 4 oz. mixed bell peppers – thinly sliced
- 2 tbsp. oil

½ cup spicy cheese (pepper jack cheese)

Salt to taste

- 1) Roast bell peppers on a skillet by adding 2 tbsp. oil. Sprinkle some salt and set aside.
- 2) Spread mango chutney on one flour tortilla.
- 3) Sprinkle cheese and roasted bell peppers on the other flour tortilla and place it on a hot skillet and top it with mango chutney covered tortilla.
- 4) Grill on both sides until browned and cut into as many slices as you like.