



Achar (pickle)

Botanical Name: pickle

Achar is a Hindi word which means “pickle.” Pickled fruits and vegetables are an important part of the cuisine of many nations, since they extend the shelf life of produce. In India, Pakistan, and Bangladesh, achar is made with an assortment of fruits, vegetables, and spices. Oil is used as a pickling medium and preservative, rather than water, as is the case in some other cuisines. Achar is readily available in many markets, and it can also be made at home.

Different regions make different styles of achar. Depending on the region and the intended use, achar can be sweet or spicy. It is designed to be eaten alongside curries, breads, and other dishes, to add a new dimension of flavor. Almost anything can be pickled, ranging from mangoes to carrots. Common choices of ingredients in achar include lemon, lime, ginger, onion, green onion, garlic, cauliflower, and hearts of palm. Often, a “mixed pickle” with several vegetable or fruit ingredients is made.

To make Pakistani style achar, the cook starts by slicing the primary components very finely. They are rubbed in salt and turmeric, which both act as preservatives. An oil such as sesame or mustard oil is heated in a pan to the smoking point and then removed to cool. The cook grinds fenugreek, mustard, and fennel together, along with chili powder. Part of the oil is mixed with these spices, and the paste is rubbed onto the fruits or vegetables in the achar. The mixture is placed into an earthenware jar, and the remaining oil is poured on top. The achar is thoroughly stirred to distribute the oil and remove air pockets, and the jar is covered with cloth.

Achar must be periodically stirred, and when someone wants to eat some, they stir before dipping from the top of the jar. The pickle is very shelf stable, especially when stored in a cool dry place. Commercially produced achar intended for retail sale is sometimes mixed with preservative compounds to ensure that it will be safe to eat, but the acidic environment of a home made achar keeps most bacterial growth at bay.

Numerous variations of the basic achar recipe exist for cooks to experiment with. Regional achar specialties often use unique ingredients which may be difficult to find in other areas. Sweet achars go very well with fiery curries, while a more spicy achar can pair well with a mild curry or fried food such as pakora or papadum.



AAM KA MITHA ACHAR (Mango Pickles)

Ingredients:

Raw mangoes (Kairi) 500 gms.
Methi Dana or Fenugreek seeds 3 tbsp.
Saunf or Fennel seeds 4 tbsp.
Red chili powder 2 tbsp.
Haldi or Turmeric powder 2 tsp.
Rai or Mustard seeds 3 tbsp.
Sarson ka Tail or Mustard oil 350 mls.
Salt As per taste



Instructions:

1. Cut raw mangoes into half, remove seed and then cut them in t ¾th inch sized pieces.
2. Rub the Haldi and salt and keep it for half an hour.
3. Drain out excess moisture.
3. Grind fenugreek seeds, fennel seeds and mustard seeds to a coarse powder.
4. Heat mustard oil until smoking point, remove and let it cool.
5. Mix fenugreek seeds, fennel and mustard powder with red chili powder.
6. Add half of the mustard oil to this mixture and rub this spice and oil mixture to the mango pieces. Mix thoroughly.
- 7 . Take an airtight Glass jar which is completely clean and dried.
8. Transfer the pickle to this jar.
9. Now pour the remaining mustard oil on top.
10. Cover the jar with a muslin cloth and keep it in the sun for 5-6 days.
11. It is important to stir the contents of the jar for the first two weeks once a day so that all mango pieces are in contact with the oil which acts as preservative.

TIP: When taking out the pickle from this jar make sure you use a dried spoon or fork otherwise it is likely to get fungus.

Nimboo ka Achar(Lime Pickle)

Ingredients:

1 ½ kg lime
- 250 g green chilies
- 2 liters. Mustard oil
- ½ cup. Salt
- 1cup aniseed (saunf)
- ¼.cup turmeric
- 1 cup nigella seeds (kalonji)
- 1 cup fenugreek seeds (methre)
- ½ cup Red chili powder or (according to the taste).



Instructions:

1. Wash the lemons and pat dry. Cut the lemons into half.
2. Divide the salt into three parts. Place the lemons in a bowl, sprinkle one part of the salt, mix well , cover and leave to marinate over night.
3. Next day drain out all the water released by lemons. Cover them and leave to marinate for one more day.
4. Wash the green chilies and dry them properly. Slit the chilies carefully into half, leaving them still held together at the stalk. Place the green chilies in a separate bowl, sprinkle 2nd part of the salt, mix well, cover and leave to marinate for one day along with the lemons.
5. Next day gently squeeze out all the water released by the lemons and green chilies, taking care not to squeeze the juice from the lemons.
6. Heat mustard oil to smoking point, remove from heat and leave it to cool. Mix all the ingredients including the 3rd part of the salt, with enough oil just to bind the spices.
7. Stuff the green chilies with half of the spice mixture. Rub the rest of the mixture over lemon pieces to coat them liberally.

8. Place the lemons and chilies in an earthenware or glass jar, Mix thoroughly with hands. Pour in the remaining oil. The oil should cover the lemons and green chilies by about 2.5 cm (1 inch).
9. Cover the jar with a muslin cloth and keep it in the sun.
10. Stir the contents of the jar for the first two weeks at least once a day. Do this to ensure that all pieces are completely dipped in the oil.

GREEN CHILI PICKLE

When you love so spicy Indian Food - you can never ignore Pickles (ACHAR) - I love chili pickles there are lots of variety of them. But my objective was to get an instant achar - ready to eat and without much of acid and oil which you normally find in ACHARS which you purchase from super market.

This is a wonderful pickle which you can make in flat 10 min and ready to eat .

Ingredients:

1. 250 gm Green Chillies - hotter the best (was and clean them - wipe them completely dry)
- 2.- 1 tea spoon cumin powder
3. 3/4 spoon mustard seed powder
4. 1 tea spoon turmeric powder (haldi powder)
- 5.1 tea spoon coriander powder
- 6 1 Tea spoon maithi seeds
7. 1 Tea spoon Red chili powder
8. 1 Tea spoon Dry Mango Powder
9. 1/2 Tea spoon Black Salt
- 10.1 Tea spoon Fennel seeds coarse grounded
11. Lime Juice of two lime
12. 1 spoon vinegar .
13. oil



Instructions:

Mix all the Masala in a bowl - heat oil in a pan till it smoke - pour it over Masala - mix the masala well - fill this masala in the chillies or mix in the chillies cut in round shape or length wise . put vinegar and lime juice on top of it - let it cool down - and then keep in jar or refrigerate it .

Benefits

An excellent source of beta-carotene and vitamin C.
May help relieve nasal congestion.
May help prevent blood clots that can lead to a heart attack or stroke.

Mix Vegetable Pickle

Ingredients:

- 2 kg. raw mangoes
- 1\4 kg lemons
- 1\4 kg green chillies
- 1 kg. mixed vegetables such as carrots, turnips and cauliflower
- 2 1\2 to 3 liters mustard oil
- 1\4 cup. Salt
- 2 cups aniseed (saunf)
- 2 tbsp. turmeric
- 2 cup nigella seeds (kalonji)
- 2 cup fenugreek seeds (methre)
- 1\2 cup red chili powder or (according to the taste.)
- 4 Garlics



Instructions:

1. Wash and pat dry all the vegetables. Cut the mangoes into half, remove seed and then cut into 1½ inch sized pieces.
2. Cut the lemons into half and slit the chilies carefully into half, leaving them still held together at the stalk.
3. Peel the carrots and cut them into 2 inches long sticks.
4. Peel and slice the turnip.
5. Break the cauliflower into medium sized floret.
6. Peel the garlicks.
7. Divide the salt into two parts. Place mangoes, lemons, garlic and chilies in a large bowl, sprinkle one part of the salt, mix well, cover and leave to marinate over night.
8. Next day gently squeeze out all the water released by the vegetables, taking care not to squeeze the juice from the lemons.
9. Place the carrots, peas, turnip and cauliflower in bowl, pour vinegar over it and mix well. Keep aside for 2-3 hours.
10. Strain the liquid from the vegetables and bring to a boil, put the vegetables and cook just for 2 minutes. Remove the vegetables with a slotted spoon and put them in a tray to cool completely.
11. Heat mustard oil to smoking point, remove from heat and leave it to cool. Mix all the spice ingredients and remaining salt with enough oil just to bind the spices.
12. Stuff the green chillies with the spice mixture. Rub gently the rest of the mixture over the mangoes, lemons and other vegetables.
13. Place the mango mixture in an earthenware jar, Mix thoroughly with hands.
14. Pour in the remaining oil. The oil should cover the vegetables by about 2.5 cm (1 inch).
15. Cover the jar with a muslin cloth and keep it in an airing place.
16. Stir the contents of the jar for the first two weeks at least once a day. Do this to ensure that all pieces are completely dipped in the oil.

Quality Assurance

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Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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