

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	250	Grams	Mango - Raw	Cut in pieces
100		Grams	Chana, whole (Kabuli Chana)	Boiled, and dried
6		Tablespoon	Mustard Oil	
75		Grams	Mustard Powder	
50		Grams	Ajwain, Vovom	
50		Grams	Jeera Powder	
30		Grams	Salt	
4		Tablespoon	Turmeric Powder	
500		Grams	Chilly Powder, Red	
1/4		Teaspoon	Asafetida (Hing)	

Method

1. Marinate the mango pieces with turmeric powder and salt, keep it overnight.
2. Remove the water, dry in the sun or under a fan.
3. Parboil the kabuli chaana and dry in the sun for 2 to 3 hrs.
4. Heat the mustard oil and cool it.
5. Take a bowl, add the mango pieces and kabuli chana
6. Add the spices, mustard seed powder, carrom seeds powder, cumin powder, turmeric powder, red chilli, salt and asafoetida and mix well.
7. Add the cooled oil and store in a jar.
8. It is ready within a month and lasts for a year.

