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The spice amchur is unripened, or green mango fruits which have been sliced and sun dried. Mangoes are grown all over India. Before their peak, in the summer season, the markets are full of tart, bright green, unripe mangoes. Raw mango slices are dried in the sun and then powdered to make amchur. The name comes from the Hindi word 'aam,' which means mango, and 'chur' is powder. Amchur is used to make a dish tart and is used instead of limes and tamarind in Indian cookery. It is used as a souring agent to tenderize meats. The powder can get lumpy, so crush it between your fingers before sprinkling over food. Use one third of the amount of lime/lemon juice you would use

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