

Five Healthy Ingredients Chutney

Panchamrut

- ½ cup dried coconut pieces – roasted
 - ½ cup peanuts – roasted
 - ¼ cup sesame seeds – roasted
 - Two handful dried tamarind – soaked in water for 3-4 hrs
 - Two handfuls jaggery – soaked in a little water
 - 2 tsp oil
 - ¼ tsp mustard seeds
 - ½ tsp cumin seeds
 - 5-6 curry leaves
 - ½ tsp grated ginger
1. Heat the oil, add the mustard seeds. When they pop add the cumin, curry leaves and ginger. Fry for 30 seconds.
 2. Add the pulp of the tamarind and jaggery and mix together.
 3. Add remaining ingredients.
 4. Add one more cup of water.
 5. Boil the chutney for about half an hour, until it is thick like honey.

