

Tamarind Date Sweet Chutney

(Recipe by Anju Kapadia)

Ingredients

- One cup Tamarind Pulp prepared preferably from light-colored tamarind
- Ten dates (instead of dates one can use one cup dark jaggery. Note that dates have lots of fiber so glycemic index lower than jaggery. Soak dates in two cups warm water for 30 minutes.
- Two tablespoons of seedless raisins soaked along with dates.
- Kala Namak to taste. Half teaspoon of red chili powder.
- One teaspoon of roasted Jeera (cumin) powder
- One teaspoon of dry ginger powder (Saunth)
- Pinch of dry mint (optional)

Preparation

In a blender put the tamarind, date and raisin mixture with all the soaking water. Blend into a smooth consistency. Take a heavy bottom pan, add the date, raisin and tamarind mixture from the blender. Rinse the blender with little water and pour into the pan. Bring the mixture to a boil. When the mixture starts boiling add jeera, chili, ginger powder, and kala namak. If the chutney is thick in consistency, add little water and if thin than let it simmer until you have the consistency of your choice. Remove from heat, cool it and store in the refrigerator in a glass jar (never a plastic jar).