

Bengal Recipe For Making Mango Chetney

Ingredients

1-1/2 lbs. of moist sugar, 3/4 lb. of salt, 1/4 lb. of garlic, 1/4 lb. of onions, 3/4 lb. of powdered ginger, 1/4 lb. of dried chilies, 3/4 lb. of mustard-seed, 3/4 lb. of stoned raisins, 2 bottles of best vinegar, 30 large unripe sour apples.

Method

The sugar must be made into syrup; the garlic, onions, and ginger be finely pounded in a mortar; the mustard-seed be washed in cold vinegar, and dried in the sun; the apples be peeled, cored, and sliced, and boiled in a bottle and a half of the vinegar. When all this is done, and the apples are quite cold, put them into a large pan, and gradually mix the whole of the rest of the ingredients, including the remaining half-bottle of vinegar. It must be well stirred until the whole is thoroughly blended, and then put into bottles for use. Tie a piece of wet bladder over the mouths of the bottles, after they are well corked. This chetney is very superior to any which can be bought, and one trial will prove it to be delicious. *_Note_.*--This recipe was given by a native to an English lady, who had long been a resident in India, and who, since her return to her native country, has become quite celebrated amongst her friends for the excellence of this Eastern relish. [Illustration: GARLIC.] GARLIC.--The smell of this plant is generally considered offensive, and it is the most acrimonious in its taste of the whole of the alliaceous tribe. In 1548 it was introduced to England from the shores of the Mediterranean, where it is abundant, and in Sicily it grows naturally. It was in greater repute with our ancestors than it is with ourselves, although it is still used as a seasoning herb. On the continent, especially in Italy, it is much used, and the French consider it an essential in many made dishes. CHILI VINEGAR.

Source: Mrs Beeton's Book of Household Management (1861)

Ingredify <https://ingredify.com>