

## ACHARI MIRCHI



### INGREDIENTS

- Fresh long green chillies 250 gm
- Lemon juice ½ cup
- Salt 3 tsp
- Vinegar 2 tbsp
- Kasundi (Mustard sauce) 4 tbsp
- Mustard oil 250 ml
- Turmeric powder 1 tsp
- Panch Phoron 2 tsp

### FOR THE PANCH PHORON

- Mustard seeds 2 tbsp
- Fennel seeds 2 tbsp
- Fenugreek seeds 1 tsp
- Coriander powder 1 tbsp
- Asafoetida (Hing) 1 tsp
- Black pepper corns 7-8

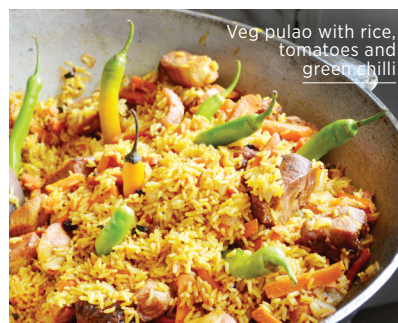
### METHOD

- Wash the fresh green chillies properly, wipe them with a clean

dry cloth and remove the stalks of the chillies.

- Roast the whole “masala” and grind it to a coarse texture.
- Mix salt, lemon juice, vinegar, kasundi turmeric and the ground spice mix with the green chili.
- Pour the marinated chili into a clean air tight tempered glass jar or ceramic martaban and keep it for a day.
- The next day heat mustard oil in a pan and add the panch phoron.
- When the panch phoron starts crackling pour the hot oil in the chili jar.
- Keep the jar under sunlight for 2-3 days and it is then ready to eat.

(Recipe courtesy: Neelabh Sahay, Executive Chef, Novotel Kolkata Hotel and Residences)



curries. Neelabh Sahay, Executive Chef, Novotel Kolkata Hotel and Residences says, “You can add some green chilli slits at the end of cooking which will impart a freshness and a bit of a pungent aroma to the dish. When using very hot chilli, you will need to turn up the volume on the salt and sour flavours too for a rounded and well-balanced taste.”

There are numerous varieties of green chillies available in the markets, from the light green ones which are less spicy to the dark green ones which possess a high level of hotness. Green chillies are grown in large variety of cultivars all across the world – from Korean Shishitos to Spanish Padron, they have found a firm place in numerous culinary traditions. India is one of the top producers of green chillies in the world and prides itself with exotic named varieties like Jwala, Agni Rekha and Ojaswi.

“Consuming extremely hot chilli can not only burn the mouth from inside but can also cause acidity as well as heartburn. Ensuring that you wash your hands after touching chilli food items or plain chillies is a must. After you have handled chillies, do not touch your nose, eyes or mouth,” adds Novotel’s Sahay. As surprising as it may sound, green chillies are known to improve the immune system. They are also considered to be extremely good for your eyes due to their high Vitamin A content. Used right, chillies can certainly impart a flavour like no other spice.

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