RECIPE

UGADI PACHADI / CHUTNEY

Ready in 15 minutes

This Ugadi Pachadi is also a healthy low-calorie Pachadi and the neem flowers, tamarind, jaggery and raw mangoes contain nutrients that cleanse our system and prevent illness.

The significance of UGADI PACHADI is immense as its 6 tastes symbolizes the flavors of life. This special dish is prepared with ingredients like:

1. Jaggery (SWEET): signifying happiness. The sweet taste symbolizes the blissful moments of life which are a blessing.
2. Salt (SALTY): displaying interest in life. Without salt our life would be tasteless. The salty moments are essential to make our lives exciting.
3. Tamarind (SOUR): representing challenges. It stands for the sour moments of life which along with other flavors make our lives worth living.
4. Neem flowers (BITTER): illustrates difficulties of life. The bitter taste represents the despondent moments of life. Bitter moments are also a part of life and should be accepted.
5. Raw mango (TART): representing surprises and new challenges. Mango signifies the surprise element in our life and that we should always be prepared for it.
6. Chili powder (SPICY): signifies or embodies the anger within us.

INGREDIENTS

- 1 teaspoon tamarind pulp/ substitute: 2tsp fresh lime juice
- ½ cup water to be added later
- ¼ cup jaggery/ substitute: ¼ cup honey or ¼ cup diced ripe banana
- ½ cup finely chopped raw mangoes / substitute: 1/3 cup finely diced granny smith apple
- 2 tablespoons Neem (Margosa) flowers/ substitute: 1tbsp neem/fenugreek powder or 1tbsp grated bitter melon
- ¼ teaspoon black pepper powder / substitute: ¼ tsp paprika
- ¼ teaspoon salt or add as required
- Optional Ingredients:
  - Chunks of ripe banana
  - Roasted channa / dal
  - Chopped cashews
  - Raisins

PREPARATION

1. Mix all the above ingredients except salt to form a sauce like appearance
2. Mix very well with a spoon so that the jaggery dissolves.
3. Reduce the water content as desired for a thicker consistency
4. Season with ¼ teaspoon salt at the end or add as desired.
5. This chutney is best served and eaten fresh.