

Aam Panna

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[Uma Nardas](#) gave this tip on Mangalorean Recipes Group.

"Aam panna.. boil 1 raw mango nicely soft remove n cool it mash the pulp nicely with hand add little water n strain it add sugar black salt crush black pepper jeera pwd pinch hing mix serve chilled garnish mint leaves n lemon slice.."

Thank you.