

Tomato Coconut Chutney

Written by Friends' Contribution

Ingredients

Quantity	Measure	Ingredients	Description
1	Pinch	Asafetida (Hing)	
A	Few	Chillies Red Dry	cut in bits
12/15	Small	Chillies Red Dry	
1/2	Nos	Coconut	scraped
2	Teaspoon	Cooking Oil	
A	Few	Curry Leaves	cut in bits
1	Teaspoon	Dhal, Chana	for seasoning
1	Teaspoon	Dhal, Urid (white)	for seasoning
1	Teaspoon	Mustard Seed	for seasoning
	As Required	Salt	to taste
	As Required	Tamarind Pulp	for taste. (Fr
2	Medium	Tomatoes	

Method

1. Grate the coconut or cut into small pieces.
2. In a small pan fry the red chillies in little oil. Take the red chillies aside and fry the tomato for 5 minutes or until soft.
3. Grind the coconut, tomato, red chillies, salt and tamarind.
4. Heat oil in a pan and add chana dal, urad dal, jeera, mustard seeds, red chillies, pinch of hing and curry leaves.
5. After mustard seeds starts to splutter, add this to the grounded coconut chutney.