

Transcript for Video ID fAtNuppiof0:

Hello you lovely people, this is me Chef
Varun Inamdar and welcome to Rajshri Food.

Well today's recipe is
that of a very unique curry,
straight from the heart of Kerala.

This one is a Mango Curry
called Mango Pulissery.

Let's begin.

The beauty of this
curry is to take mangoes
which are of course nice ripe, yet firm.

Now generally a variety called
Natu or you know you are in Mumbai,
we actually call this a Lal Bagh
Mango just purely because it's
red in colour and red is Lal.

But otherwise you can choose a variety
of mango that you personally prefer.

Just ensure that it's tinier and
it's ripe, very essentially important.

The idea is to remove the
cap off and peel this mango.

Once the mangoes are
peeled and placed in the pan,
let's add in a few flavourings
before moving forward.

The first one of course,
curry leaves, nice and fresh.

We move them off the sprig,
add in a few green chillies
to spike up this recipe.

Again you can use this
in complete moderation
and the choice is completely ours.

This, of course,
is slightly sweet, of course, because of the mangoes
but this recipe also has jaggery.

Again little or more is a
complete personal choice.

I'm just adding in a wee bit of jaggery,
because the mangoes in
this case are extremely sweet.

Moving on to a touch
of Red Chilli Powder,
a touch of Turmeric Powder,

Salt and mind you
till now the flame is off,
2 cupfuls of water.

At this point in time,
let's turn the flame on
and allow this to cook for at least 7