

Green Chutney

Ingredients:

- 1 bunch cilantro
- 1 bunch mint
- 2-4 small green chilies
- 1 teaspoon salt (or less)

Method

1. Thoroughly wash the cilantro and mint to remove any sand or dirt.
2. Shake off the water and trim away the hard stems and remove any black or yellow leaves.
3. Trim the stems from the green chilies.
4. Combine cilantro, mint, and chilies in a blender and grind into a smooth sauce. Add salt to taste.

Tamarind and Date Chutney

Ingredients:

- 2 cups of pitted dates just covered water and soaked for 5 hours
- 2 tablespoons of tamarind paste
- 2 teaspoons apple cider vinegar
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground ginger powder
- 1 teaspoon cumin powder
- 1 teaspoon salt

Method

1. If the dates have pits remove them before soaking in water.
2. Soak the pitted dates in a bowl for 5 hours with just enough water to cover the tops.
3. Puree the pitted dates with the soaking water and the remaining ingredients in a blender until smooth.
4. Pour the puree into a saucepan and over medium heat stirring frequently for 10-15 minutes until the sauce thickens into a smooth paste.
5. Allow the chutney to cool before serving.