

Coconut Chutney



Method

- 01** Heat a small pan and add the chana dhal. Dry roast it until it turns a golden colour. Remove and leave to cool.
- 02** Blend all the ingredients for the chutney in a blender. You will need to scrape the sides down and add a little water and blend again to create a grainy but blended mixture.
- 03** Stir in the salt as required (about ½ tsp)
- 04** Heat a tadka pan or small pan and add coconut oil, add mustard seeds, urad dhal and the red chilli. Saute until golden in colour.
- 05** Add curry leaves and asofetida and remove from the heat.
- 06** Once the leaves turn crisp pour over the coconut chutney and serve.

Ingredients

Chutney

2 tbsp chana dhal
½ cup fresh coconut grated or roughly chopped
½ tsp cumin
1 to 2 green chillies
Salt as needed
1 garlic clove
water as needed

Tadka

¾ tbsp coconut oil
¼ tsp brown mustard seeds
½ to ¾ tsp urad dal
1 dried red chilli, broken
5-8 curry leaves
¼ tsp of asafoetida



More on this recipe

<https://www.harighotra.co.uk/coconut-chutney-recipe>