GARLIC CHUTNEY / POONDU CHUTNEY RECIPE



Garlic is one of the most valuable and versatile foods on the planet.Today garlic is a widely recognized health enhancing supplement as garlic promotes the well-being of the heart and immune systems with antioxidant properties and helps maintain healthy blood circulation.
Garlic chutney / poondu chutney recipe is a puree of garlic, tomatoes and red chillies with the addition of seasonings. This spicy and flavorful garlic chutney can be served with idly or dosai .

Ingredients

To Grind

- **22 Garlic Cloves (Big)**
- **4 Red Chillies**
- **2 Tomatoes, Medium Sized**
- **Salt to taste**

To Temper

- **2 Tsp of Gingelly Oil**
- **1 Tsp of Mustard**
- **1 Tsp of Urad Dal**
- **Pinch of Hing**
- **Handful of Curry Leaves**

Method

- **Chop the tomatoes into small pieces.**

Oil Roasting

- **Heat the oil in a pan, fry garlic and red chillies for 1-2 mins until it turns golden brown. Keep it aside.**
- **Add little oil to a pan, saute tomato for a min until it starts to become soft. Switch off the stove. Let all the ingredients cool down for 5 mins.**

Grinding

- **Now take a blender/mixie, add all the ingredients listed under ” To grind”.**

- Grind it by adding little salt and water.

Seasoning

- Heat the oil in a pan, add all the ingredients listed under ” To Temper” once mustard seeds burst out, add the ground paste to it , mix well and switch off the stove.

- Garlic chutney is ready to serve.



Tips

- Serve it with idly or dosai
- If you want the chutney to be tangy, add little tamarind paste to it.
- Adjust spiciness according to your taste.

Health Benefits of Garlic

- Garlic has germanium which is a anti cancer agent.

- **Regulate blood sugar levels and cholesterol.**
- **Strengthen your body defense against allergies.**
- **It has a anti microbial properties and boost the immune system.**



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