

Vadu Mango Pickle Recipe / Maa Vadu Pickle

*Vadu maangai Oorugai / Vadu mango pickle recipe is a popular south Indian pickle prepared from mavadu (Tiny Baby Mangoes). My mom used to buy tender raw mangoes in bulk and make this special pickle during summer, but this time I tried this authentic maa vadu pickle and it successfully came out so good. This pickle will stay good for months without refrigeration. You can use gingelly oil or castor oil to make this vadu mango pickle. Vadumangai oorugai tastes great with curd rice and moor sadham. Try this no cook south Indian **BABY MANGO PICKLE** at home and enjoy ...*



Vadu Mango Pickle

Ingredients

- 1/2 Kg of Raw Tiny Mangoes
- 2 Tsp of Mustard Seeds
- 2 Tsp of Fenugreek
- 25 Red Chillies
- 1/4 Tsp of Asafoetida
- 1 Small Virali Manjal (Turmeric) or 1/2 Tsp of Turmeric Powder
- 4 Tbsp of Gingelly Oil or Castor Oil
- salt to taste

Method for Maavadu Pickle

- Wash and pat dry the mangoes in a kitchen towel, let them dry in shade for 2 hrs.
- In a big glass bottle, transfer the mangoes and pour oil and mix well so that oil coats all the mangoes.
- In the mean time, dry roast the mustard, fenugreek and red chillies until fenugreek changes color and mustard cracks. Cool down and grind them along with turmeric, salt and asafoetida.
- Add 5 Tbsp of water and grind it to a smooth paste. Transfer this to bottle and mix well with clean, dry spoon.
- Keep this covered and leave it in kitchen shelf for 10 days.
- Shake the jar couple of times every day. After few days, the mangoes will shrink in size and water quantity increases because of salt.
- Serve this flavorful pickle with sambar sadham (Sambar Rice) or thayir sadham (Curd Rice).

Tips

- Always use dry clean spoon. DO not use your hand to take

pickle.

- Store it in glass bottle or ceramic jar.
- Use castor oil or gingelly oil to make this pickle.
- You can use rock salt or table salt as rock salt gives you nice taste than table salt.

Health Benefits of Raw Mangoes

- It keeps blood pressure under control.
- Good for indigestion and constipation.
- It has anticancer properties.
- Home remedy for morning sickness in pregnancy.



Maavadu
with Curd Rice

Spicy Maavadu With Creamy Curd Rice

Mango Pickle Recipe / Manga Oorugai



This mango pickle recipe is very easy to make. This mango pickle is the combination of juice rich green mango and Indian authentic spices. This manga oorugai is most popular in southern part of India. This is my mom's recipe. Like all her recipes, this one tastes so yummy and a lip smacking dish. Addition of roasted fenugreek and mustard powder makes it more flavorful. Best accompaniment for mango pickle is [curd / yogurt rice](#).and also for chapathi.

Ingredients

- 1 Large Green Mango (not ripe), Finely Chopped
- 1.5 Tsp of Red Chilly Powder
- 1 Tsp of Mustard
- 1 Tsp of Urad Dal
- Pinch of Hing / Asafoetida
- 2 Tbsp of Gingelly Oil / Indian Sesame Oil

Salt to taste

To Grind

1/2 Tsp of Mustard

1/2 Tsp of Fenugreek

Method

- Dry roast the mustard and fenugreek for 1- 2 mins until nice aroma comes and it changes color. Let it cool down for 5 mins. Grind it to a fine powder in a spice grinder or mortar & pestle.
- Wash the mango. Take a sharp knife and discard the core. Chop the mango into tiny pieces along with skin. Keep this aside.
- Heat oil in a pan, add mustard, urad dal and hing, after it splutter, add chopped mango, red chilly powder and salt, saut'e well for 3-5 mins until it turns soft but not mushy.
- In this stage, add roasted & ground powder and mix well till everything is well combined. Turn off the flame.
- When the pickle is cool, store it in an airtight container and refrigerate it.
- Enjoy this tangy mango pickle with a plate of [yogurt rice](#).



Tips

- For this pickle, use rock hard green mango not ripe.
- Addition of fenugreek & mustard powder gives a great taste to this dish
- Adjust the spice and salt according to the tangy taste of mango.
- Increase or decrease the spicy taste according to your taste buds.
- Add more oil to the pickle, so that you are increasing the shelf life of the pickle.
- It tastes great on 2nd day after all the flavors fully absorbed into the mango pieces.

Health benefits of Green Mango
Source : [Health-](#)

- Drinking unripe mango juice prevents the loss of sodium chloride and iron during summer.
- Dried mango powder is highly beneficial in treating scurvy (Vitamin C deficiency)
- Unripe mangoes helps to treat blood disorders.
- Raw mangoes are rich source of pectin, mixed with salt and honey, helps to treat gastrointestinal disorders.
- Helps in treating liver disorders.
- Rich in vitamin C and anti-oxidants.

Mango Pickle

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