

# 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.**



*GR*