

# Tamil Nadu Cilantro Chutney

Yields about a cup

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## Ingredients

- 1Tbs coconut oil
- 2-3 bunches of cilantro, remove most of the stems
- 1-2 garlic cloves, roughly chopped
- 1-2 whole dried red chilies
- 1/2 lemon juiced or 1/2 tsp of tamarin paste
- Salt

## Directions

1. Heat the coconut oil in a sauté pan. Add the garlic, cook for about a minute then add the cilantro and a pinch of salt cook for about 2 minutes, or till the cilantro has wilted.
2. In a food processor add the sautéed garlic and cilantro with the whole chilies and either the lemon juice or the tamarin paste with another pinch of salt. Blend till you have a smooth consistency.



Chutney refers to a wide-ranging family of condiments from South Asian cuisine and Indian cuisine that usually contain some mixture of spice(s) and vegetable(s) and/or fruit(s). There are many varieties of chutney. To the right is a picture of Chef Paulraj's mother in India making cilantro chutney with a mortar and pestle.