



COCONUT CILANTRO CHUTNEY

Doshic effect: Vata ↓, Pitta ↓, Kapha ↑↓

Makes: 1 1/2 cups

Prep Time: 15 minutes

Cook Time: 3 minutes

INGREDIENTS

- 1 tablespoon ghee
- 1/4 teaspoon brown mustard seed, whole
- 1/2 teaspoon cumin seed, whole
- 1/2 cup water
- 1/4 cup fresh lime juice (about 2 limes)
- 1/4 teaspoon pink Himalayan or mineral salt
- 1 tablespoon minced ginger (1 inch cube)
- 1/2 serrano pepper, chopped (about 2 teaspoons)
- 2 tablespoons cashew pieces
- 3/4 packed cup finely chopped cilantro
- 3/4 cup shredded coconut

DIRECTIONS

1. Place a small frying pan over medium heat and add in the ghee. Once hot, add in the brown mustard seed and cumin. Sauté these spices for 2 minutes, stirring frequently.
2. Add in the water, lime juice, and sautéed spices (with the ghee) to a blender.
3. Next, add in the salt, ginger, pepper, and cashews.
4. Last, add in the cilantro and coconut.
5. Blend on a high speed for 1 to 3 minutes. If needed, turn the blender off and give it a stir in between blends. The ingredients should become evenly mixed and the consistency will have a creamy, slightly pulp-like texture. If the chutney seems too thick or chunky, a small amount of water or lime juice can be added (2 to 4 tablespoons at most).
6. Pour the chutney into a glass jar with a lid. If time permits, place it in the refrigerator for 2 to 3 hours to allow the flavors to come together.
7. Add this chutney to any meal to enhance the flavor and the digestibility of the food. It can be added directly into the meal as a condiment, or eaten on the side in between bites of food. It is equally delicious on top of a flat bread such as chapati, roti, naan, or dosa.
8. Store in an airtight jar in the refrigerator for 3 to 5 days.

OPTIONAL DOSHIC RECOMMENDATIONS

Vata:

This recipe is Vata-soothing as is; no changes needed!

Pitta:

Although this recipe is overall Pitta-reducing, it will be best for Pitta types to omit the serrano pepper, especially in the summer season.

Kapha:

This recipe is fairly neutral for Kapha types, however, it can be made Kapha-pacifying with a few simple changes. Reduce the coconut to 1/3 cup, reduce the ghee to 1 teaspoon, and omit the cashews. Increase the serrano pepper to 1 full pepper, and increase the brown mustard seed to 1/2 teaspoon. With the reduction of creaminess and the increased heat, this recipe will be an excellent Kapha-reducing condiment to use generously.