

Sesame Seed Chutney

(Recipe by Anju Kapadia)

(Note: Sesame seeds are a rich source of calcium and healthy monounsaturated fats. Two teaspoons (10gm) of sesame seeds carry 90mg of calcium in an easily absorbable natural form)

Ingredients: (serve with fritters, cutlets or as a side relish with meals)

- One cup sesame seeds soaked for 30-60minutes and then coarsely blended into a paste.
- Green Chillies to taste
- Ten to 15 curry leaves
- Two tablespoons lemon juice/or juice from 2-3 lemons
- Half teaspoon Cummin seeds
- Half teaspoons mustard seeds
- Two tablespoon ghee or unrefined coconut
- Salt to taste

Preparation

Heat one tablespoon ghee or coconut oil in a skillet. When hot, add mustard seeds. Once these splutter add cumin seeds followed by green chilies and curry leaves. Slow down the flame. Add the coarsely ground sesame seed paste. Add salt. Turn off the flame. Add lemon juice.

The chutney can be stored in the refrigerator for 2-3 days.