



Balanced Living Ayurveda

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Ayurvedic Recipes

Cilantro Chutney

Adapted from “The Ayurvedic Cookbook” by Amadea Morningstar

Makes 1 cup

Upasana’s note: This is a staple item in my kitchen. I absolutely love this chutney! If you love cilantro (and I know not everyone does... but if you do....), you’re going to make this over and over again. It is a great condiment for kitchari, soups, dals, grains, vegetables, eggs, bread, you name it. Cilantro is very perishable, and this is a great way to extend its life. A batch of cilantro chutney will last several days in the frig. When it starts to turn from bright green to grayish, it’s time to let it go and compost it. But it rarely lasts that long at my house!

One important tip for making this recipe: most bunches of cilantro that you buy at the store do not weigh ¼ pound. So weigh the cilantro you have, and adjust the other ingredients accordingly. For example, if you have 2 oz (1/8 pound), cut the recipe in half and the yield will be a respectable ½ cup of chutney. If you don’t do this, the recipe will turn out too runny or too thick, and will be a poor representation of this wonderful condiment.

Ingredients:

- ¼ pound (4 oz.) fresh cilantro leaves with large stems removed (skinny stems are fine)
- ¼ cup fresh lemon or lime juice (lime is better for pitta, lemon is fine for vata & kapha)
- ¼ cup water
- ¼ cup grated, unsweetened coconut
- 2 Tbs. chopped fresh ginger
- 1 teaspoon barley malt syrup, brown rice syrup, or honey
- ¾ tsp sea salt or Himalayan pink salt
- ¼ tsp. fresh ground black pepper

Preparation:

Blend the lemon or lime juice, water and fresh cilantro in a food processor or blender until cilantro is chopped fine.

Add remaining ingredients and blend until it is smooth.

Store in a covered container in the refrigerator for up to a week. Use sparingly as a condiment.

Enjoy!