



Traditional Lime Pickle

Season: Autumn/Winter

Makes: about 1 litre

Fresh from the garden: limes

This pickle can be enjoyed as part of an Indian meal. The flavours will develop if left for a month before opening.

Note: Pale-green or yellow skinned limes, such as Tahitian limes, work well in this pickle. Do not use dark-green limes as the skins are too bitter.

Equipment:

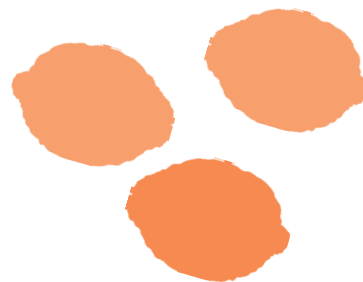
metric measuring cups and spoons
large heavy-based frying pan
mortar and pestle
wooden spoon
tongs
large bowl
clean tea towel
chopping board
cook's knife
sterilised jars with lids*

Ingredients:

10 firm pale green limes, washed and dried thoroughly
 $\frac{3}{4}$ cup olive oil, plus extra for jarring
1 tsp fenugreek seeds
 $\frac{3}{4}$ tsp ground turmeric
1 tbsp salt
1 tsp asafoetida powder

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Dry-fry the fenugreek seeds for 1 minute, then grind them with the mortar and pestle.
3. Pour a quarter of a cup of oil into the heavy-based frying pan and heat on low. Working in batches, cook the limes in the oil for about 2 minutes each, turning frequently with the tongs. The skin will soften in the hot oil, but do not allow the skin to split or brown.





Traditional Lime Pickle continued

4. Allow the limes to cool, then cut each one into eight wedges, then cut each wedge into thirds. Discard any seeds. Scrape the limes and any juice into the bowl.
5. Heat the rest of the oil in the heavy-based pan. Add the turmeric, asafoetida and salt. Stir for 1 minute.
6. * **Add the limes and their juice**, stir to mix, then remove from the heat.
7. Add the ground fenugreek and mix well.
8. Spoon the pickle into the sterilised jars. Top with extra oil if needed to cover the limes.
9. Leave for at least 1 month before eating. Store an opened jar in the refrigerator.

* Adult supervision required. To sterilise jars and lids, wash them in hot soapy water, then rinse them in hot water. Place in a stockpot of boiling water for at least 10 minutes. Drain jars upside down on a clean tea towel and dry them thoroughly in a 150°C oven. Remove the jars from the oven and fill while still hot.

