

Coconut Chutney Recipe

Ingredients: Serves 4

90g desiccated coconut
2 tablespoons sunflower oil
1-2 dried red chilies, chopped
1-2 fresh green chilies, chopped
1 teaspoon channa dhal or yellow split peas
½ teaspoon salt
½ teaspoon sugar
1½ tablespoons lemon juice
½ teaspoon black mustard seeds

Method:

Put the coconut in a heatproof bowl and pour in enough boiling water to just cover it. Set aside for 10-12 minutes. Heat two teaspoons of the oil in a small wok or steel ladle over a medium heat and add both types of chilies and the channa dhal or yellow split peas. Let them sizzle for a few seconds and switch off the heat source. Put the un-drained coconut into a blender and add the fried spices, salt, sugar and lemon juice. Blend until smooth and transfer to a serving bowl. Heat the remaining oil in a small wok or steel ladle over a medium heat. When hot, throw in the mustard seeds. Allow them to crackle then pour over the chutney. Serve at room temperature. This chutney is best eaten fresh.

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