

Papaya Relish (Achara) Recipe

Ingredients:

2 small unripe papaya, about 500 g each
Coarse salt
300 g sugar
375 ml white vinegar
½ teaspoon salt
1 medium carrot, cut into 1-cm slices
1 red capsicum, cut into thin strips
1 green capsicum, cut into thin strips
5 slices ginger
45 g raisins

Syrup:

300 g sugar
250 ml cane or white vinegar
1 teaspoon salt

Method:

Peel papaya then grate flesh into thin strips. Mash the papaya strips with coarse salt. Rinse and squeeze out as much liquid as you can. Pat dry with paper towels. In a large saucepan, mix together sugar, vinegar and salt. Add the papaya and simmer for about 5 minutes. Add carrot and capsicum and simmer for about 5 minutes until carrot is tender. Drain and arrange in a bowl. Soak the ginger in hot water and drain. Toss ginger and raisins with the cooked vegetables. To make the Syrup, combine ingredients in a saucepan. Bring to the boil, lower heat and simmer for 5 minutes. Pour the Syrup on the cooked vegetables, ginger and raisin mixture. Let cool, transfer to a clean container and cover. Store in refrigerator and serve as relish for roasted or fried meats.