



## GOA RECIPE : MANGO SASAV

Mango in Coconut Curry is a sweet, sour and spicy dish that is popular in the coastal Konkan region.

### Basic Ingredients

6 semi ripe mangoes (peeled)  
2 tsp mustard seeds  
1 tsp asafoetida  
1 tsp cumin seeds  
12-14 curry leaves  
1 tsp chili powder  
Salt to taste

### Ingredients for Grinding

2 cups of grated coconut  
2 tsp of turmeric powder  
3 tbsp of cane sugar (jaery)  
2 tsp mustard seeds  
1 tsp cumin seeds  
12-14 curry leaves  
1 tsp chili powder  
Salt to taste

### How to Make

- Slice the mango into pieces and marinate with salt.
- Grind the mustard seeds, green chili, chili powder, turmeric powder, grated coconut and jaggery to make a smooth paste.
- Heat the frying pan with a little oil. Add 1-tsp of mustard seeds, cumin seeds, curry leaves and 1tsp of asafoetida. Sauté for a few minutes.
- Add the sliced marinated mangos and the rest of the ingredients to the pan.
- Add a little water and continue cooking on low heat/fire – add the ground paste and adjust the seasoning to taste.
- Serve hot