

HMARCHAPUI PICKLE



Mamawh te :

1. Hmarchapui - 250 gms
2. Purunvar - bul 4
3. Sawhthing - 1 inch
4. Chhibung - No chanve
5. Tel - Pava khat
6. Chi - A al tawk
7. Aieng - Thirfianlian 1
8. Pickle masala - Thirfianlian 1
9. Ajinomoto - Thirfiantie chanve
10. Vinegar - Thirfianlian 1

A Siam dan:

- 1) Hmarchapui chu lai tak ah zai phel la.
- 2) Chhawhchhi chu kang hmuil la, deng dip roh.
- 3) Purun leh sawhthing chu rawt dip hlarh la.
- 4) Tel chhuang hmuil la, purun var leh sawhthing chu thlak la.
- 5) Minute 1 vel kang la, aieng leh, chhawhchhi thlak la, hmarchapui thlak nghal la, chi al ang che.
- 6) Mei hniam te ah ur la
- 7) Hmarchapui chu a hmin zawr zan thlengin kang la, chawh zeuh zeuh la, a hmin hnuah ajinomoto, masala leh vinegar telh la.
- 8) Ei theih nghal a ni.

RAWTUAI PICKLE



Mamawh te:

1. Rawtuai - 1kg
 2. Aieng - Thirfianlian 1 leh a chanve
 3. Chi - No chanve
 4. Purunvar - Bul 6
 5. Jeera powder - Thirfianlian 1
 6. Kurtai/ chini - Thirfianlian 3
 7. Acetic acid - Thirfianlian 1
- Or
- Vinegar - Thirfianlian 4
 8. Hmarchasendip - Thirfianlian 2
 9. Sawhthing - 1inch
 10. Tel - Pava 1
 11. Pickle masala - Thirfianlian 3

A Siamdan:

- 1) Rawtuai chu sin te te in chan tur a ni
- 2) Tui al ah chhumso bawrh bawrh la
- 3) Pho hul ang che
- 4) Tel tlem te hmangin kang ang che
- 5) Purun var leh sawhthing te rawt dip la
- 6) Tel tlem la awm in kang la
- 7) Rawtuai kan sa nen chawhpawlh la
- 8) Kurtai/chini telh bawh rawh
- 9) Minute 2-3 vel chhuang la, acetic acid/ vinegar telh la, masala pawh telh ang che
- 10) Saidawium rawng zauah dah ang che
- 11) Ei nghal theih a ni.

LAKHUIHTHEI JAM



Mamawh te:

- 1 Lakhuithiei - 2 Kgs
- 2 Chini - 2 Kgs or 1 ½ kgs
- 3 Neembu(2) - tui sawr
- Or Citric Acid - 5-6 gms (thirfiantie ½)
- 4 Pectin - 5 gms

A Siam dan:

- 1) Lakhuithiei chu hmin tha tak a ni tur a ni.
- 2) Her sawm la, chhuang ang che.
- 3) Chini telh la, pectin telh bawh ang che.
- 4) Uluk takin chawh reng la, citric acid or neembu tui telh la, mei ti na deuh ang che.
- 5) Jam chu a suan hun leh hun loh en chhin reng la, a khal chuan a tawh tihna a ni.
- 6) Suan la, dah vawt deuh la.
- 7) Saidawium thianghlamah dah ang che.
- 8) Pectin hi a ti hlawm/ ti hnangtu a ni a, telh loh pawhin a pawh lo.

BAWNGSA PICKLE SIAMDAN

Mamawh te :

1. Bawng sa ti - ½ Kg
2. Chhibung var - no ½ (den dip sa)
3. Purun var - bul 2
4. Hmarcha - no 1
5. Sawhthing - Inchi 1
6. Aieng - thirfian lian 2
7. Ajinomoto - thirfian te 1
8. Vinegar - thirfianliand 2
9. Chi - a al tok
10. Tel - pava khat leh chanve
11. Pickle masala - A awm tok

A Siam Dan:

- 1) Bawngsa chu Cooker ah tui tam vak lo a chhum hmin tur.
- 2) A hmin sa chu sin te te in thliar tur a ni.
- 3) Hmarcha ro, purun var, sawhthing den sawm, chhawhchhi nen pawlh leh tur a ni.
- 4) I thlak hnu rei vakloah hmarcha a kan uh hma ngeiin tui leih la, a tui a hil thak thlengin chhuan tur a ni.
- 5) Sa chu a hrangin aieng, pickle masala nen kan a, a sen hnuah a chung ami te nen pawlh tur a ni.
- 6) Ajinomoto leh vinegar telh bawk tur a ni.
- 7) Ei nghal theih ani.

SQUASH

Mamawh te:

1. Theitui - 1 lt
2. Chini - 2kgs
3. Tui - 1lt
4. Citric Acid - thirfian te chanve
5. KMS - Hmeh khat
6. Essence - thirfiante chanve
7. Rawng - thirfiante chanve

A Siam Dan:

- 1) Thei hmin leh thar tha tak thlang la, silfai ang che.
- 2) A kawr kheh la, zai sawm la, dah rih rawh
- 3) Chini leh tui kha chhuang la, fian in chawk sawm la, citric acid telh rawh.
- 4) A so hunah suan thla la, puan zaisin thianghlim takin thlifim la, dah dai rawh.
- 5) Theitui leh rawng telh la, KMS kha serthlum tui nen pawlh la, telh leh rawh.
- 6) Saidawium inch 1 ¼ aia khat lovin thun la, phui takin char ang che.

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EITUR VAWNTHAT DAN

(Preservation of Fruits & Vegetables)



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