



## Flax Seed Odia Chutney—Kalyani Dash

### **Ingredients:**

Flax Seed (2 tbs)  
Toor Lentil (Lentil or Dal (1/3 cup)  
Yellow peas lentil (1/3 cup)  
Dry Coconut  
Red pepper  
Tamarind (whole or paste)  
Molasses  
Olive oil  
Salt to taste

*Caption as appropriate*

### **Cooking Instructions:**

- Fry individually Flax seed, Toor lentil, Yellow peas lentil, dry coconut, and red papper in slight hot oil in a sauce pan or cast iron skillet
- Let cool the stuff above and grind them
- Make tamarind sauce from whole or paste
- Mix all ingredients above, add salt and molasses to taste and wet grind everything
- Use fresh and refrigerate the rest for future use
- The refrigerated chutney can be used for a week or two

That's it.

NOTE: We invite your feedback on any recipe or suggestions on variations, you try.