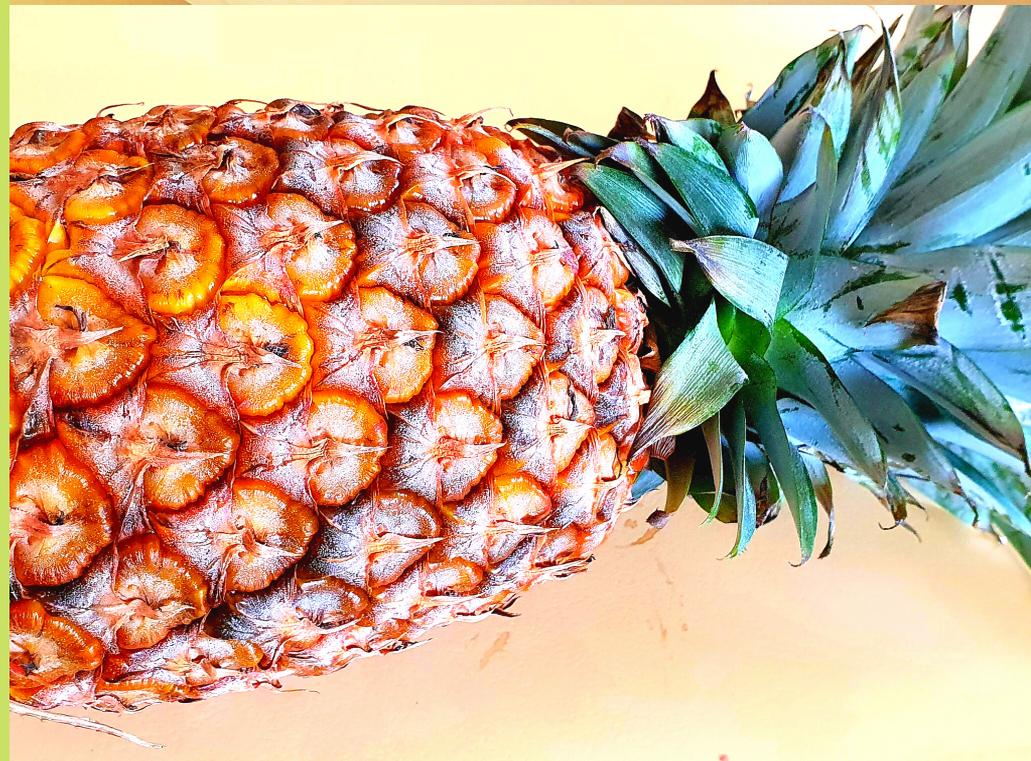

WILLS COOK-OFFS

ANANAS SASANV

Try it - Enjoy it - Share it

Wilson Fernandez



Ananas Sasanv...

Ananas Sasanv is a sweet, sour and spiced juicy dish that has the origin of Aambe Sasanv (Spiced curried mango). The sasanv recipe is same as Aambe Sasanv (*Note: Ananas - Pineapple; Aambe - Mangoes*)

It is one of the most delicious delicacy of Konkan region in India. Growing up in a tropical region of Kumta in a family with traditional cooking was a true blessings. Learnt a lot from my granny, aunties, mummy and extended families. It is a great joy to share this recipe that has been passed on from generations.

I am sure, you will love this dish. I love the Aambe Sasanv any day but just forgot to create a recipe. Now in Melbourne, we are in late autumn. Getting fibrous mangoes was a challenge. So, used Queensland pineapple to create the Ananas Sasanv. Enjoy cooking and eating **Ananas Sasanv!!!**



Ananas Sasanv...

Ananas Sasanv...

Ingredient:

- 1 Pineapple - diced

Dry Ingredients:

- 2 tsp coriander seeds
- 1 tsp cumin seeds
- 1.5 tsp black pepper
- 1/2 tsp fenugreek seeds
- 1" cinnamon stick
- 4 cloves
- 1 tsp turmeric powder
- 1.5 tsp Kashmiri chilli powder
- 1 tbsp fresh/dried coriander
- 1 cup desiccated coconut
- Salt to taste



Ananas Sasanv...

Wet Ingredients:

- 1 small onion - diced
- 1 medium tomato* - diced (optional)

*Used sour tomato instead of tamarind

Tempering Ingredients:

- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 sprig curry leaves
- 1 large dry red chilli
- 1 small onion - finely diced
- 1 tbsp Vegetable oil
- 1 tsp turmeric powder
- Jaggery to balance the taste



Ananas Sasanv...

Preparation | Method

1. Peel the pineapple and dice them to chunk size
2. Roast all the dry ingredients and keep aside to cool. After cooling, in a food processor or coffee grinder, grind all the dry ingredients to fine powder. Add the wet ingredients and little water and grind it to fine paste. Keep it aside



Ananas Sasanv...

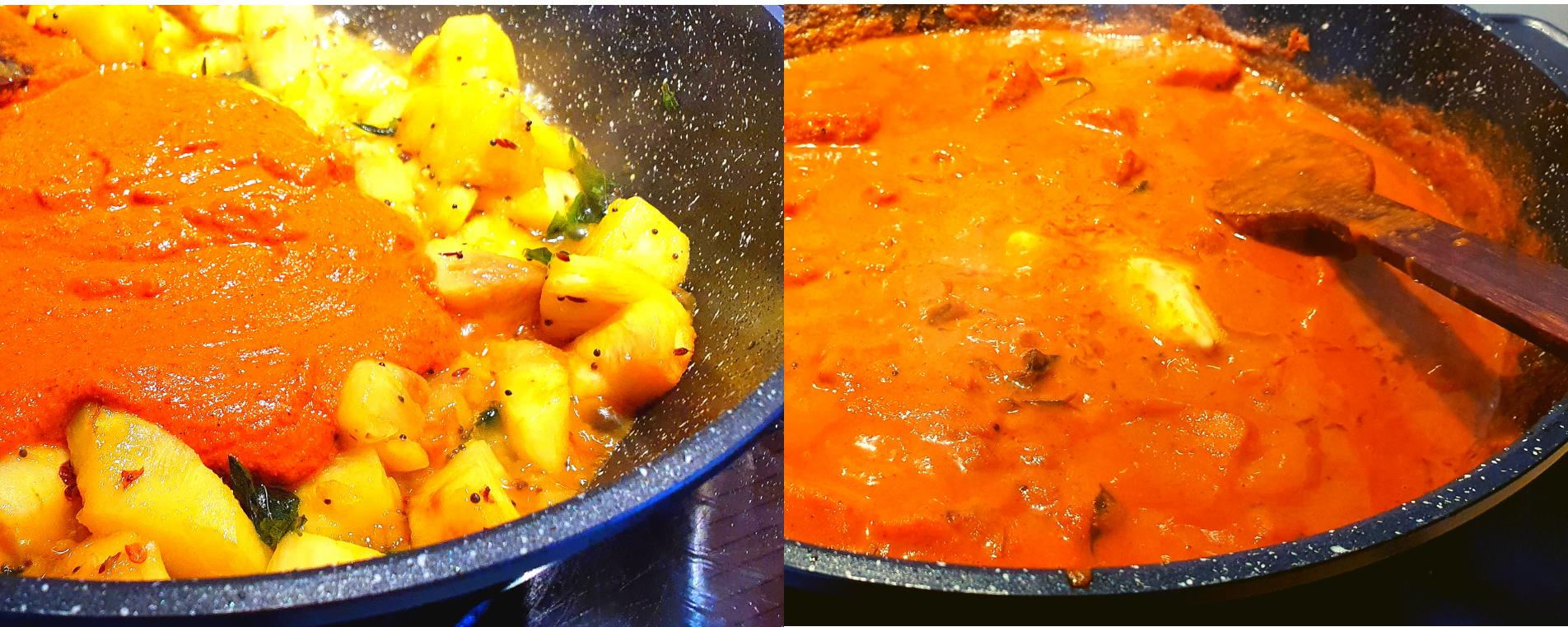
3. Place a cooking pan on medium heat. Pour oil and when hot, add mustard seed and cumin seeds. When the mustard seeds spatter, add dry chilli, curry leaves and get it sautéing for a minute or so. Add diced onion and cook until nice and translucent. Add turmeric powder and little salt and cook for a minute or so. Add jaggery powder and mix well
4. Add diced pineapples and get it cooking for 5 minutes or so



Ananas Sasanv...

5. Once the pineapples are cooked. Add the ground Sasanv paste and mix well. Add little water if needed but a moderate thickness is desired

6. Cook the Ananas Sasanv for about 10 minutes or so. Check seasoning. Serve hot/warm Ananas Sasanv as a side dish with plain rice or with thali. Enjoy!!!





Ananas Sasany...

SERVING TIPS:

- **ANANAS SASANV** IS A GREAT SIDE DISH SERVED WITH PLAIN RICE
- **ANANAS SASANV** CAN BE SERVED WITH ANY MAIN MEALS
- **ANANAS SASANV** ENHANCES IT'S FLAVOUR ON DAY 2
- **ANANAS SASANV** CAN BE STORED IN FRIDGE AND WARMED BEFORE SERVING

DO TRY AND ENJOY!!!



Wilson Fernandez 11-APR-2021