

estrela bet maior casa de aposta

South Asian pickle

Alternative names	Achar, pacchadi, loncha, oorugai, avakaai
Main ingredients	Fruit (mango, plums), vegetables, or meat
Ingredients generally used	Oil, chili powder, spices, mustard seeds, fennel seeds
Variations	Acar, atchara

South Asian pickle - Wikipedia

South_Asian_pickle

Can pickles be made in olive oil? -

Traditionally, Indians use sesame oil, mustard oil, or groundnut oil in pickles. These days, since olive oil is marketed heavily as the best oil for health, people have started substituting the traditionally used oil with olive oil. However, it's best when not heated. I have prepared pickles using ricebran oil too.