

Saffroned Mango Pickle

torshi-e mango-o zaferan

Makes 1pt/480g

Prep and cooking: 1 hour

Pickling: 2 weeks before using

MANGOES

2lb/900g firm mangoes, peeled and coarsely diced

4 teaspoons pickling salt (or sea salt)

5 peppercorns

1 teaspoon red pepper flakes

½ teaspoon turmeric

½ teaspoon ground saffron threads

SPICES

1 tablespoon nigella seeds, toasted

1 teaspoon mustard seeds, toasted

1 tablespoon coriander seeds, toasted

1 teaspoon ground Persian hogweed seeds/*golpar*

VINEGAR

1¾ cups/420ml apple cider vinegar

For this pickle, it is best to use firm, unripe mangoes. This helps the fruit keep its shape as it ferments.

1. Sterilize canning jar in boiling water. Drain and allow to dry thoroughly.
2. In mixing bowl, place the mango, salt, peppercorns, red pepper flakes, turmeric, and saffron. Mix well, cover, and allow to macerate for 8 hours at room temperature.
3. In a wide skillet over low heat, place the nigella, mustard and coriander seeds. Cover, and toast by shaking the skillet back and forth for a few minutes. Add them to the mangoes. Add the *golpar*. Stir well to combine.
4. Fill the jar with the mangoes. Cover with vinegar to within ½in/12mm of the top and seal. Store the jar in a cool, dark place for at least 2 weeks before serving. *Nush-e joon!*