



Indian Mint Chutney

By Erin Fletter

Prep Time 5 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

purée: to blend, grind, or mash food until it is thick, smooth, and closer to a liquid.

Equipment

- Blender (or bowl + immersion blender)
- Cutting board
- Kid-safe knife
- Measuring spoons
- Citrus squeezer (optional)

Ingredients

Indian Mint Chutney

- 1 green onion
- 3/4 tsp salt
- 1 tsp sugar, honey, agave syrup (or stevia to taste)
- 1/2 lemon, juiced
- 1/2 C fresh mint leaves

Food Allergen Substitutions

Indian Mint Chutney

Instructions

Indian Mint Chutney

measure + blend

Measure and add **1 green onion, 3/4 teaspoon salt, 1 teaspoon sugar**, and the juice of **1/2 lemon** to a food processor or blender (or bowl for use with an immersion blender). Blend until ingredients have reached the consistency of a coarse paste. This helps the blades move easier when the mint is added.

add + purée

Add **1/2 cup of mint leaves** to the mixture and purée to a fine paste. Taste and add more salt or sugar if needed. Serve with **Sweet Potato Superpower Samosas!**

Featured Ingredient: Mint!

Hi! I'm Mint!

"I'm a green herb with a sweet, cool taste and pleasant aroma. You may have tasted me in gum and toothpaste, but my favorite is mint chocolate chip ice cream!"

History & Etymology

With its fresh scent hard to miss, mint was undoubtedly one of the earliest herbs discovered. It has been found in Egyptian tombs dating back to 1,000 BCE and has been part of Chinese medicine even longer. Ancient Romans and Greeks used mint to flavor cordials and fruit compotes, as well as for baths and perfumes.

Mexicans call mint "yerba buena" or "good herb."

The United States produces over 70 percent of the world's peppermint and spearmint.

The word "mint" comes from the Old English "minte," from German "minze," from the Greek "minthē."

Anatomy

The mint plant is from the *Mentha* genus. It is an aromatic perennial herb. The plants can grow 4 to 48 inches tall and have runners below and above ground that can spread.

There are 18 to 24 species of mint currently recognized. Other mints are natural hybrids and cultivated hybrids. Some herbs with "mint" names, like cat mint (catnip), are not part of the *Mentha* genus.

Spearmint (*Mentha spicata*) is also known as common garden mint. Peppermint (*Mentha × piperita*) is a natural hybrid cross between spearmint and watermint (*Mentha aquatica*).

How to Pick, Buy, & Use

Mint is easy to grow at home or can be purchased at the grocery store. You can keep a bunch of fresh mint in a glass of water for up to two days.

Mint is harvested for its leaves, fresh or dried, for many culinary uses to add a cool, refreshing flavor. Foods that mint is added to include beverages, candies, ice cream, jellies, meat dishes, sauces, syrups, and teas.

Mint essential oil and menthol are added as flavoring to breath fresheners, candy, chocolate, drinks, gums, and toothpaste. It can also be used for aromatherapy.

Mint pairs well with these foods: asparagus, beans, carrots, cucumbers, eggplant, peas, potatoes, tomatoes, and yogurt. You can combine mint with these herbs and spices: basil, clove, cumin, dill, ginger, oregano, parsley, and thyme.

Nutrition

Although mint has some health benefits, it is best to eat it in moderation.

Mint has small amounts of vitamins A and C, along with the minerals calcium and iron.

Mint may aid in digestion, but if you have gastroesophageal reflux disease (GERD), it may aggravate symptoms.