

Coriander Pickle – A Traditional Food Product

*D. Shamitha and Dr. V.S. Pawar

College of Food Technology, VNMKV, Parbhani, Maharashtra

*Corresponding Author's email: priyadharshinishamitha@gmail.com

Pickles hold a special place in Indian food culture. Coriander pickle is a traditional, flavorful, and nutritious preparation widely made in households across Maharashtra. It offers a delightful combination of the fresh aroma of coriander, the spiciness of spices, and the richness of oil. This pickle is valued not only for its taste but also for its health benefits.



History

Coriander pickle originated in rural areas, where various preservation methods were used to store fresh leafy vegetables. Since coriander is a seasonal crop, the practice of preserving it in the form of pickle developed to extend its shelf life. Over time, this pickle became popular in states like Maharashtra, Andhra Pradesh, and Karnataka.

Raw Materials

The following ingredients are required to prepare coriander pickle:

- Fresh coriander leaves
- Green chilies
- Garlic cloves
- Mustard seeds
- Fenugreek seeds
- Turmeric powder
- Red chili powder
- Salt
- Lemon juice or tamarind
- Oil (mainly mustard oil or groundnut oil)

Procedure

- Wash fresh coriander thoroughly and dry it completely.
- Prepare a fine paste of coriander, green chilies, and garlic.
- Heat oil in a pan and add mustard seeds and fenugreek seeds for tempering.
- Add the prepared paste and sauté for a few minutes.
- Add turmeric, chili powder, salt, and lemon juice/tamarind.
- Mix well and let it cool, then store in a clean glass jar.
- The taste of the pickle improves after a few days.

Nutritional Composition (Per 100g)

Component	Amount
Energy	120 kcal
Protein	3-4g
Fat	8-10g

Carbohydrates	10-12g
Fiber	2-3g
Vitamin C	20-25mg
Iron	2-3mg

Health Benefits

- Coriander is rich in antioxidants, which help remove toxins from the body.
- Supports better digestion.
- Vitamin C boosts immunity.
- Iron helps increase haemoglobin levels in the blood.
- Garlic and spices contribute to improved heart health.



Economic Importance

Coriander pickle presents a great opportunity for small-scale industries. Preparing it at home and selling it in the market can help women become financially independent. This low-cost product has good demand in local markets as well as on online platforms, thereby supporting rural economic development.

Conclusion

Coriander pickle is a traditional, tasty, and nutritious food product. Its simple preparation method, health benefits, and economic potential keep it relevant even today. By combining traditional knowledge with modern techniques, this product can reach a wider market.