



## Amchoor powder



The spice amchur is unripe or green mango fruits which have been sliced and sun dried. The name comes from Hindi "aam", mango.

Amchur (amchoor) powder is also referred to as "mango" powder. It is made from green dried, ground mangoes.

The spice imparts a tart and slightly sour flavor to many Indian dishes including fish, meats, vegetables and curries.

Amchur is an Indian spice made from the flesh of dried green mangoes. It preserves the acidic, tart, and slightly spicy flavor of unripe mangoes. Amchur, a pale gray to light yellow powder made from dried unripe mango which is cut in slices, dried.

### Mango (Amchur) Powder

Mango powder is made from raw green mangoes that are cut, sun-dried, and pounded into powder. Mango powder is used much like lemon is used in Western cooking; but it gives food a tangy, sour taste without adding moisture. Its tart flavor is used as a souring agent in soups, dals, vegetable dishes and chutneys. It is also sprinkled over meats to tenderize them before cooking.

### Amchur uses

Amchur is used as an acidulant or a `souring agent` for curries, similar to the use of tamarind pulp extracts in the South Indian curries such as `Sambhar` and `Rasam`. It is also used in chutneys, soups and certain specific vegetable curries. The main purpose of its addition is to lower the pH of gravy whereby destruction of spoilage organisms in the vegetable curry, etc. is made much easier at boiling point. There are also certain medicinal properties of both unripe mango as well as Amchur, which is made applicable by various folk practitioners. The kernel, which is usually thrown away while manufacturing Amchur, also has medicinal properties. It is reported to be an astringent, used in hemorrhaged and diarrhea and is anthelmintic; its juice, if snuffed, can stop nasal bleeding.

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## Mango Powder

Mango Powder is a dried spice, extensively used for its taste and flavor in different cuisines. It is obtained by drying unripe mangoes and then grinding them finely into a powder. Citric acid, terpenes, aldehyde and esters are responsible for the sour taste. The taste of the spice is somewhat similar to tamarind. It is used for its tangy flavor and a slight tropical aroma.

Indian Name: Amchoor

Botanical Name: *Mangifera indica* L.

Family Name: Anacardiaceae

Parts Used: Unripe Fruit

Habitat: Southeast Asia

## Trade in Mango Powder

India is one of the largest producers and consumers of Dry Mango Powder. Andhra Pradesh and Uttar Pradesh are one of the major amchoor or mango powder producing Indian states.

## Uses of Mango Powder

The dry spice is extensively used in Indian cuisine for giving sour taste to the dish.

It is also used to make refreshing drinks including jaljeera etc.

It is used to make various curries, chutneys and pickles.

It is also used for tenderizing poultry and meat. The unripe fruit has acidic, astringent and antiscorbutic properties.



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