



Pickles, Chutney, Masala and Preserves: Parsi Cuisine

Rita Jamshed Kapadia

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Pickles are the poor men's vegetable. Did you know in India, many folks eat pickles for lunch with bread? This is actually very healthy and avoids all the cholesterol issues. Pickles have turmeric, fenugreek and other healthy ingredients. Spices and herbs like mint, garlic, ginger and turmeric promote good health.

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