

# PAKISTANI PICKLED MANGO





Left: Pakistani pickled mangoes.  
Below: Pakistani women making pickled mangoes as an agribusiness spin-off of improved smallholder mango farming practices.

PHOTOS: ACIAR



## Pakistani Pickled Mango

### Ingredients

- 2 kg unripe mangoes
- 30 g red chilli
- 60 g turmeric powder
- 30 g salt
- 30 g fenugreek seeds/methi
- 30 g fennel seeds/saunf
- 2 L mustard oil

### Method

1. Rinse and wipe dry the mangoes, then cut into 6 to 8 pieces each, discarding the seeds. Mix salt, spices and oil with the mango pieces in a steel bowl until evenly coated. Keep pieces in sunlight for 3 to 4 days.
2. Put mangoes in plastic jar and pour in remaining oil/spice mixture until it just covers the mango pieces. Stir and mix well. Pickle is ready after 3 to 4 days and can be served throughout the year.

### ABOUT THE DISH

Pickled fruit and vegetables are a common, simple and flavoursome accompaniment to meals in Pakistan.

### POSTHARVEST MANAGEMENT OF MANGOES IN PAKISTAN

Pakistan is one of the world's largest mango producers, with more than 300,000 smallholder growers. Its mango varieties are attractive to consumers worldwide, but the industry has struggled to reliably deliver the required quality and quantity of fruit. A collaboration between ACIAR, the Department of Foreign Affairs and Trade and the European Union identified the potential to develop the industry to benefit all players.

### THE PROJECT

Horticulture projects commissioned by ACIAR formed part of the Australia–Pakistan Agriculture Sector Linkages Program (ASLP), which targeted smallholder production in Pakistan to improve disadvantaged farmers' profitability. The ASLP focused on the dairy, mango and citrus industries and finished a second four-year phase in 2015. Pakistan harvested about 1.75 million tonnes of mangoes in 2008. Farmer income, however, was constrained by postharvest losses and low export

prices due to poor quality, handling and marketing. The ASLP helped farmers improve fruit quality and meet international standards.

Another intervention identified in the project was the commercialisation of traditional mango pickle production. The practice of making pickle for household consumption—usually carried out by women using fruit that is not suitable for market—was extended to small-scale commercial production, enabling women to generate a small income from rejected fruit and reduce postharvest waste and losses. ■

#### ACIAR PROJECT HORT/2010/001

Mango value chain improvement.

#### MORE INFORMATION

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