

-----KVK N. Vanlaiphai

A Siam Dan

1. Silfai a, tihro hnuah inch khat (1 inch) a pan in Bawkbawn chu chan tur a ni.
2. Chi leh Aieng ah rang taka tal in darkar 10 – 12 chhung steel plate a dah hnuah a tui thlit chhuah tur
3. A telh tur dang leh tel nen chawhpawl tur a ni
4. Bur faia thun hnuah nisaah ni 2 – 3 pho tur a ni.

Hmarchapui Pickle

Hmarcha Hring -	1 Kg
Antam Chi dip -	Thirfian lian 3 – 4
Aieng -	Thirfian lian 4 – 5
Chhawahchhi -	No ½
Chi -	Thirfian lian 6 – 7
Antam tel -	300 ml
Tengtere -	½ Kg
Asafoetida/ Hing-	Thirfiante ½



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Acetic Acid/Vinegar- Thirfian lian 4

1. Hmarcha a dung zawngin zai phel la. Hrial/Tel a chanve chu chhuang la, kan tur a ni
2. Tengtere mu tel lovah chuan aieng, chhawahchhi, antam chi telh la, tui tlem nen hnanthlarhin hmet ang che
3. Hriak la bang zawng chuan Asafoetida leh masala hnan thlarh chu kang la, a hnu deuhah hmarcha kan sa chu telh la, minute 5 – 10 vel chhuang la, Acetic acid emaw vinegar emaw telh ang che

Bur rawng zau fai takah thun la, phui takin chhin la, nisa ah emaw meilumah emaw dah thin tur.



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SMALL SCALE INCOME GENERATING ENTERPRISES



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Pickling (Pickle Siam Dan)

Pickle kan tih ber chu Chi (Salt), Vin-egar, Tel (Refined pawh theih), emaw Chini (Sugar) hmanga thlai leh thei – te vawnthat dan hi a ni

Dahthat (Preservation) : Thlai leh Theite a chhe mai thei tura laka venhim hi a ni ber a, a tichhetu natna hrik (micro – organ-ism) – te hnathawk thei lova kan siam dan hi a ni .

A Pawimawhna : Thei leh Thlai atanga kan taksa mamawh chaw tha (nutrition) te an season (tharchhuah hunlai) ni loah pawh kan hmuh theihna tha tak an nih hi a ni. Hei mai bakah hian chaw ei a ti tui em em a ni.

A Telh Turte:-

1. Thlai chansawm inpawlh – Kg 1 (Bean, Carrot, Limbu Kawr, Hmarcha hring, Rawtuai etc.)
2. Antam Tel - 300 ml
3. Purun Sen - Pum 2
4. Sawhthing - Kutzungpui tiat
5. Purun Var - Pum 1
6. Hmarcha Sen dip - Thirfiante 4
7. Garam Masala - Thirfian Lian 2
8. Aieng - Thirfian lian 2
9. Chi (Salt) - No Chanve
10. Acetic Acid - A tak 1Kg zelah 6ml



1. Thlai Inpawlh chu puan zaisinin thawl takin fun la, tui soah minute 3 -4 vel chhum la, la chhuak la, ni sa ah pho hul ang che.
2. Hriak chhuang la, Purun Sen, Sawhthing leh Purun var kang la, Masala leh thlai te chu telh la, minute 2 chhuang leh la, suan rawh
3. Acetic Acid telh la, Chawk la, Saidawium (Bottle) rawng zau fai takah thun ang che.



Purun Pickle

Telhtur te :-

Purun	-	2 Kg
Antam Chi	-	15 Kg
Hmarcha Dip	-	90 g
Tel	-	1 litre
Chi	-	250 g

Purun te chu kheh la, hmun li ah phel rawh. Chi zatve phul la, darkar 3 emaw 4 emaw hnuah silfai leh vek la. Antam chi rawtdip leh hmarcha dip leh chi labang kha telh la. I dah thatna bur tur ah chuan thun rawh. Tel a chim tawk in lehla, chhinphui tlat rawh. Chu chu ni 3 vel nisa ah pho rawh.



Bawkbawn Pickle

Bawkbawn	-	1 Kg (A no deuh, mu la neilo)
Chi	-	120 g
Aieng	-	30 g
Tel tak	-	½ litre
Antam chi dip	-	50 g
Hmarcha dip	-	30