

# jogo do mario online

[South Asian pickle](#)

<b>Alternative names</b>	
Achar, pacchadi, loncha, oorugai, avakaai	
<b>Main ingredients</b>	Fruit (mango, plums), vegetables, or meat
<b>Ingredients generally used</b>	Oil, chili powder, spices, mustard seeds, fennel seeds
<b>Variations</b>	
<b>Acar, atchara</b>	

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Traditionally, Indians use sesame oil, mustard oil, or groundnut oil in pickles. These days, since olive oil is marketed heavily as the best oil for health, people have started substituting the traditionally used oil with olive oil. However, it's best when not heated. I have prepared pickles using ricebran oil too.

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