

# roleta do sportingbet

[South Asian pickle](#)

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

[South Asian pickle - Wikipedia](#)
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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.

[Can pickles be made in olive oil? - Quora](#)