

Mango and Ginger Chutney



Ingredients

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| 350g (12 oz) onion, finely chopped | 250g (9oz) cooking apples, peeled and sliced |
| 400ml (14 fl oz) distilled malt vinegar | 450g (1lb) granulated sugar |
| 2 bay leaves | 2 tsp ground ginger |
| 2 red chillies, deseeded and finely chopped | $\frac{1}{4}$ tsp ground cloves |
| 2 green chillies, deseeded and finely chopped | $\frac{1}{2}$ tsp ground allspice |
| 1 tsp black mustard seeds | |
| 1 kg (2lb 4oz) mangos, peeled, stoned and sliced into wedges | |

Method

1. Put the onions in a large saucepan with the vinegar, bay leaves and chillies and simmer over a low heat for 10 minutes, or until they are almost tender. Meanwhile, toast the mustard seeds under a medium grill until they pop.
2. Add the mangos, apples and mustard seeds to the onion mixture and cook for 15 minutes, or until the fruit is soft. Add the sugar, ginger, cloves and allspice, increase the heat, and boil for 30 - 40 minutes, or until the mixture resembles a thick jam. Stir occasionally to avoid sticking. Allow to cool then serve.
3. Alternatively spoon into sterilised jars while still hot, and seal (see tip). The chutney will keep for up to 9 months, but should be refrigerated once opened.

TO STERILISE JAR:

Place it in a large saucepan and cover with cold water. Bring to the boil and simmer for 10 - 15 minutes. Remove from the water and leave upside down to dry

Alternatively

Wash Jar in warm soapy water and place on a baking tray in a preheated oven 160°C / Gas mark 3 for 10 minutes