

Courgette, Apple and Tomato Chutney

Taken from the River Cottage handbook on Preserves



Ingredients:-

1Kg Courgettes, diced (peeled if using marrow)
1Kg green tomatoes, peeled and diced (if hard to peel, don't bother)
500g cooking apples, peeled, cored and diced
500g onions, peeled and diced
500g sultanas
500g light, soft brown sugar
600ml cider vinegar (or white wine vinegar)
2tsp dried chilli flakes (optional)

Spice bag:-tied in a 20cm piece of muslin

50g fresh root ginger (bruised)
12 cloves
2tsp black pepper corns
1tsp coriander seed

Method:-

Put everything into your preserving pan (or very large stainless steel saucepan)

Bring slowly to the boil, stirring regularly.

Simmer uncovered for 2 1/2–3 hours until very thick, stirring occasionally (using a wooden spoon)

It is ready when it is thick, rich and glossy-when you draw your wooden spoon through it, you should be able to see the base of the pan for a second or two.

Pot whilst hot in hot, sterilised glass jars, topping with sterilised lids immediately.

Label jars when cool.

Leave to mature for at least 8 weeks.

The chutney will keep for at least 2 years

