

Fresh Apricot Chutney

Makes about 2¼ litres

Ingredients

2 kg apricots
1 kg sugar
1 litre vinegar
2 onions
2 cloves of garlic
30g of fresh, grated ginger
2 tsp yellow mustard seeds
2 tsp black mustard seeds
2 tsp fennel seeds
1 tsp ground coriander
1 tsp ground cumin
½ teaspoon chilli powder
(optional)



a sprinkling of coarse salt (can be omitted. Do not add too much salt - the proverbial pinch is really all it takes!)

What to do

1. Pip the apricots; peel the onions and garlic, and roughly chop. Blitz in the food processor in batches, transferring each to a large stock/jam pot.
2. Add the sugar and vinegar and stir, and finally, add the spices.
3. Bring to the boil, stirring from time to time to make sure that the mixture does not catch and burn on the bottom of the pan.
4. Reduce the heat and simmer for 2½ to 3 hours, continuing to more frequently, until it has reduced, the consistency is chutney-like, and the mixture is a deep, rich colour.
5. Bottle, hot, in sterilised jars.

Notes

- All chutneys have fruit, sugar and vinegar in the ratio of 2 fruit to 1 each of vinegar and sugar.
- This chutney has a piquant, warm spicy flavour without either being too sweet or with serious heat. Add a little chilli for a chutney with a bit more bite.

