

Courgette & tomato chutney

Makes 3 x 500ml jars



Ingredients (allergens in bold)

- 200ml white wine vinegar
- 100ml water
- 160g soft brown sugar
- 1 tsp mixed spice
- 1 tbsp yellow **mustard** seeds
- 1 cinnamon stick
- 2 medium onions, chopped
- 400g courgettes, chopped into 1cm dice
- 400g firm tomatoes, chopped into small pieces
- 2 eating apples, peeled and finely chopped
- 125g sultanas

Method

1. Place the vinegar, water, sugar and spices in the large pan. Slowly bring to the boil to dissolve the sugar.
2. Add the vegetables and fruit to the pan, bring back to a low boil and simmer for up to 2 hours, until the chutney is thick and dark in colour.
3. Wash and dry the jars then put into a low oven for about 30 minutes (140°C / Gas 1) to sterilize them and prevent them from cracking when the hot chutney is poured in.
4. Take the jars out of the oven and spoon the hot chutney into them, taking care not to splash the hot sticky mixture onto skin or clothes. Put lids on the jars or seal using a preserving kit of waxed paper disks and cellophane lids.
5. When the jars are cool enough to handle, wipe them clean with a damp cloth then attach labels showing the name of the chutney, the date it was made, allergens and serving suggestions.



Equipment

- chopping board
- sharp knife
- vegetable peeler
- measuring jug
- large pan
- wooden spoon
- teaspoon
- 3x 500ml sterilized jars with lids
- preserve labels and covers as required

Recipe notes and tips

- This chutney will keep for up to a year unopened if stored in a cool place. Once opened, store in the fridge and use within a month of opening.
- A great accompaniment to cheese dishes and good with meat too.
- A good way of using up produce grown at home or at school, or found cheaply at the market because it is in season.