

RESCUE*RECIPE - MANGO CHUTNEY

INGREDIENTS

- 5 cups of diced **mango***
- 2 med **red onion***
- 1/2 **scotch bonnet hot pepper***
- 1 **green chilli pepper***
- 1 **red bell peppers***
- 2 ½ cups cider vinegar
- 1 cup packed brown sugar
- 2 tsp salt
- OPTIONAL spices: ½ Tbsp
cinnamon, ¼ tsp cumin powder, ¼
tsp coriander powder, 2 tsp
yellow mustard seeds.

Adjust all seasonings to taste.

DIRECTIONS

Step 1 – place all the ingredients into a large heavy-bottom saucepan. Set to boil and reduce heat to simmer. Continue to simmer in open pot, stirring frequently to prevent burning the bottom. Allow liquid to reduce to a slightly, sloppy jam-like consistency. This could take more than an hour.

Step 2- While the chutney cooks, sterilize any jars that you will use for decanting.

Step 3- When cooked to desired consistency, carefully spoon hot chutney into jars and seal immediately.



From this... to this....



Chutney is delicious served as a condiment with Indian food, with cheese or sandwiches or as a glaze for grilling.

FUNKY FOOD FACT:

Nutritional values often vary only marginally depending on the ripeness. So, better to eat/use overripe produce than none at all!