

Beetroot, Apple and Onion Chutney

Makes 2 small jars of chutney



Ingredients (allergens in bold)

- 125g cooked beetroot - chopped
- 150g red onion – peeled and chopped
- 175g cooking apples – peeled and chopped
- 50g demerara sugar
- 1 teaspoon fresh ginger - grated
- 1 carrot, scrubbed and coarsely grated
- 100ml malt vinegar
- 1 teaspoon salt

Method

1. Place all the ingredients in the pan and heat slowly, stirring until the sugar has dissolved. Bring the pan to the boil.
2. Reduce the heat and simmer for 40-45 minutes until the chutney is thick and the vegetables have broken down. From time to time, check that the chutney isn't sticking on the base of the pan.
3. Place the clean jars on a baking tray and put in the oven set at 100°C / Gas ¼ to sterilize for around 20 minutes.
4. Ladle the thickened, hot chutney into the jars. A jam funnel placed in the neck of the jar makes this easier and safer. Fill to the top and cover immediately with lids or special cellophane preserving covers.
5. Allow the jars to cool before labeling, then store for at least one month before opening.



Equipment

- chopping board
- sharp knife
- grater
- spoons
- heavy based pan
- wooden spoon
- ladle
- jam funnel (optional)
- measuring jug
- baking tray
- clean jam jars with lids
- cellophane jam covers and sticky labels

Recipe notes and tips

- The chutney and the jars will get very hot so take extra care when making this recipe.
- Label the jars when they have cooled down – include the product name and the date it was prepared.