



MANGO CHUTNEY

Buy in season and make the most of this delicious fruit.

3 just ripe mangoes, peeled, stoned and coarsely chopped
2 brown onions, coarsely chopped
250ml apple cider vinegar
440g white sugar
1 tbs finely grated ginger
2 tsp cumin seeds
1 tsp ground coriander
1 tsp mixed spice
Pinch of ground cloves



1. Place all the ingredients into a large, heavy-based saucepan.
2. Bring to the boil over high heat. Reduce heat to medium-low and cook, stirring occasionally, for one hour or until the mixture has thickened. Remove from heat.
3. Spoon hot chutney into hot sterilised jars; seal immediately. For longer keeping, *heat preserve* to secure the vacuum seal. Label and date the jars when cold.

Store in a cool, dark place for at least 1 week to allow the flavours to develop. Can be stored for up to a year if heat preserved. Once opened, refrigerate and consume within 3 weeks.

Makes about 1000ml