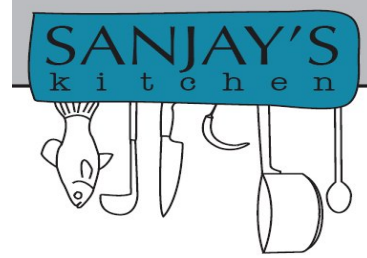




Falmouth, Cornwall
October, 10th/2010



Cornish Apple Chutney (A perfect Ten/Ten/Ten idea)

Ingredients:

1 lb Cooking apples
1 lb Red Onion, chopped
2 Garlic cloves, crushed
3/4 c Golden raisins
2 tsp Cornish Sea Salt
1 1/2 c Caster Sugar
2 1/2 c Malt vinegar
1/4 tsp Cayenne pepper
1/4 tsp Ground cumin
1/4 tsp Ground ginger
1 tsp Whole Mustard seeds
1/4 tsp Dry mustard
1 tbs Tomato paste

Directions:

Peel, core and coarsely chop apples.

Put apples, onions, garlic and raisins into a saucepan. Add salt, sugar, vinegar and spices and mix well. Heat gently, stirring to dissolve sugar.

Bring to a boil and simmer 30 minutes, stirring occasionally. Stir in tomato paste and continue cooking 7-8 minutes longer or until mixture is of a thick consistency with very little free liquid, stirring frequently. Meanwhile, wash 3 pint jars in hot soapy water; rinse. Keep hot until needed. Prepare lids as manufacturer directs. Ladle chutney into 1 hot jar at a time, leaving 1/4" headspace. Release trapped air. Wipe rim of jar with a clean damp cloth. Attach lid and place in canner. Fill and close remaining jars. Process 10 minutes in a boiling-water bath. Enjoy....

www.sanjayskitchen.co.uk