



COURGETTE

& APPLE CHUTNEY



PRESERVING FRESH PRODUCE
MAKING THE MOST OF GREAT FOOD



INGREDIENTS:

- 3 lbs Courgettes
- 225g Shallots/ Onions
- 225g Apples peeled, cored and sliced
- 225g Sultanas
- 2 cm Ginger chopped finely
- 225g Sugar
- 850ml Malt Vinegar
- 12 Black Peppercorns

PREPARATION

1. Cut the Courgettes into small pieces, put into a saucepan.
2. Add the shallots, apples, sultanas, ginger, sugar and vinegar.
3. Tie peppercorns in a muslin or an enclosed tea strainer and place in the pan.
4. Bring to the boil, then reduce heat and simmer, occasionally stirring until it turns thick in consistency.
5. Leave to settle for 10 mins, then spoon into sterilised jars. Put on lids and label
6. It will store for a year in a cool, dark place.

**TIP! WONDERFUL WITH A CHEESE OR CHARCUTERIE BOARD OR
ALONGSIDE A BIRYANI
FOUND IN UK JUNE - OCTOBER**



GLUT JARS 2023