

Beetroot, apple and ginger chutney



This vibrant chutney is a perfect balance of earthy, sweet, and warmly spiced flavours. Don't forget to sterilise your jars before pouring in the chutney. It's vital in preventing harmful bacteria getting into your chutney and posing a health risk.

Makes: About 5 x 500ml jars • Preparation time: 40 minutes

Ingredients

- 400g apples, washed and grated or chopped
- 400g beetroot, washed and grated or chopped
- 400g onions, peeled and grated or chopped
- 200g currants/raisins
- 1 tbsp ground ginger
- 1 ½ tsp ground allspice
- 1 ½ tsp salt
- 500ml distilled malt vinegar
- 300g demerara sugar

Method

1. Put all the ingredients into a heavy-bottomed saucepan.
2. Bring to a boil over a medium heat, stirring occasionally to help the sugar dissolve.
3. Once dissolved turn up the heat to a fast boil if you are short of time, though a steady simmer is best.
4. Boil until there is hardly any free liquid, stirring occasionally. (Stir more often if you are boiling it at a higher temperature, as it is more likely to stick and burn.)
5. Draw a spoon along the bottom of the pan. If you see any liquid, boil for a few more minutes until it has evaporated.
6. Leave to cool before pouring into sterilised jars (see below) and sealing with the lid.

How to sterilise your jars

- Wash the jars thoroughly using warm water and washing-up liquid and rinse clean.
- Place a sheet of baking paper on one of the shelves of your oven (not at the bottom of the oven) and place the jars on the shelf – making sure they're not touching each other.
- Heat your oven to 140°C and dry out the jars for around 15-20 minutes.
- Lids can be left in boiling hot water to sterilise.

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