

Spiced rhubarb chutney



This rich, deeply flavoured chutney is dark and glossy with just a hint of heat. 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: About 60 minutes

Ingredients

- 750g raw rhubarb, trimmed and cut into 2cm pieces
- 1 medium red onion, grated or chopped
- 3 eating apples, peeled and grated or chopped
- 70g dried apricots, cut into pieces
- 1 tsp ground cardamom
- 1 tsp ground ginger
- 1 tsp allspice
- ½ tsp chilli flakes (optional)
- 1 tsp salt
- 300ml white wine vinegar
- 230g 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, reduce the heat and simmer until there is hardly any free liquid, stirring occasionally. (Or, if you are short of time, turn up the heat to a fast boil but stir more often, as it is more likely to stick and burn.)
4. Draw a spoon along the base of the pan. If you can see the bottom of the pan for a second or so before the liquid runs back over it, the chutney is ready.
5. Pour the chutney carefully into sterilised jars (see below) and seal with the lids.

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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