

# Spiced strawberry chutney



This spiced strawberry chutney is an unexpected and delicious way to enjoy ripe berries. 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 2 x 500ml jars • Preparation time: 30 minutes

## Ingredients

- 1kg fresh strawberries, washed and chopped
- 2 green chillies, finely chopped
- 1 cup sugar
- juice of ½ lemon
- 1 tbsp mixture of ground cloves and cinnamon
- 2 tbsp chili flakes
- 3-4 cardamom pods

## Method

1. Put all the ingredients in a large, heavy-bottomed saucepan and mash with a potato masher to break down the strawberries.
2. Heat this mixture on a low heat. Keep stirring and checking until the chilli jam mixture starts to thicken.
3. You may get some foam on the surface of the mixture whilst the strawberries are cooking. Use a spoon to skim off as much of the foam as you can.
4. Once the mixture has thickened to a jam-like consistency, remove from the heat and transfer 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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