

Apple Chutney

Author: Bon Appétit | November 1996



1 1/2 cups apple cider vinegar (original recipe called for 2 cups)
2 cups sugar
1 1/2 pounds green apples, peeled, cored, chopped into 1/2-inch pieces (tart like Granny Smith)
3 tablespoons fresh lemon juice
10 large garlic cloves
2 ounces fresh ginger, peeled, coarsely chopped (about 1/4 cup)
1 1/2 teaspoons salt
1 teaspoon red pepper flakes
1 1/2 cups golden raisins (packed)
2 tablespoons mustard seeds

Serving Ideas: Ideally serve this with meat - pork, chicken, turkey.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 202 Calories; 1g Fat (2.6% calories from fat); 1g Protein; 51g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 233mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fruit; 0 Fat; 2 Other Carbohydrates.
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**Carolyn T's
Main Cookbook**

Servings: 14

Notes: Your house really WILL smell like vinegar for several hours, or overnight. Turn on your heating/AC fan for awhile, and that will help.

Description: This is a pungent chutney (lots of vinegar) and best left to "age" for several days in the refrigerator before you eat any.

1. Bring vinegar and sugar to boil in heavy large nonaluminum saucepan, stirring until sugar dissolves. Reduce heat and simmer 10 minutes. Remove from heat.
2. Toss apples and lemon juice in large bowl. Combine garlic, ginger, salt and red pepper in processor; blend until finely chopped. Add apple and garlic mixtures, raisins and mustard seeds to vinegar. Simmer until apples are tender and chutney thickens, stirring occasionally, about 45 minutes. Place in bowl. Cool. Cover; chill. (Can be made 1 week ahead. Keep chilled.)