

Sauce, To Try

Rhubarb Chutney

Found on fareshare website



Servings: 6

NOTE: If you have just apple juice, use 1/4 cup and simmer it for about 2-3 minutes to reduce it by 1/2, to about 2 tablespoons.

1. In a medium saucepan add the apple juice concentrate and onion. Cook over low heat for about 3-4 minutes until onion has begun to soften, but the juice is still very visible.
2. Add garlic and continue to cook for another minute. Add all the remaining ingredients, bring to a simmer, and cook over very low heat for about 5 minutes, stirring several times. Taste the rhubarb for sugar - add in small amounts until it suits your taste. Don't allow rhubarb to fall apart.
3. Put a lid on the pan and set aside for about 20 minutes, then cool. Serve immediately or refrigerate. Bring to room temperature before serving alongside poultry, duck or firm-fleshed fish.

- 1/3 cup onion, finely minced
- 1 clove garlic, minced
- 1 tablespoon apple juice frozen concentrate, plus
- 1 tablespoon water
- 2 cups rhubarb, chopped, frozen, defrosted
- 1/4 cup golden raisins
- 3 tablespoons sugar, or less - taste it
- 1/4 teaspoon cardamom
- 1/8 teaspoon red pepper flakes
- 1 tablespoon cider vinegar

Per Serving (excluding unknown items): 63 Calories; trace Fat (1.7% calories from fat); 1g Protein; 16g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium; 12g Total Sugars; 0mcg Vitamin D; 44mg Calcium; trace Iron; 200mg Potassium; 17mg Phosphorus.
Exchanges: .

Carolyn T's Blog: tastingspoons.com